

Pan-Seared Cod & Pickled Grapes

with Summer Bean Succotash

Pickled grapes are an exceptional, gourmet way to brighten up a summer dish. Here, we're thinly slicing juicy red grapes and soaking them in a simple mixture of champagne vinegar, sugar and salt. They soak up plenty of tangy-sweet flavor in the time it takes to sear our cod and make a seasonal succotash—a traditional vegetable medley with Native American roots—featuring snappy beans, plump cherry tomatoes and sweet corn. (Depending on what's best at the farms near you, your beans may be green or purple!)



Blue Apron Wine Pairings

Château Les Girards Bordeaux White, 2015

Tierra Alta Vineyards Grenache Blanc, 2014



Ingredients

- 4 Cod Fillets
- 6 Ounces Summer Beans
- 5 Ounces Multicolored Cherry Tomatoes
- 4 Ounces Red Grapes
- 2 Ears of Corn
- 2 Cloves Garlic
- 1 Bunch Chives

Knick Knacks

- 4 Tablespoons Butter
- 2 Tablespoons Champagne Vinegar
- 1 Shallot
- 1 Tablespoon Sugar
- 1/3 Cup Rice Flour

Makes: 4 servings | **Calories:** about 500 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp332

1



Prepare the ingredients:

Wash and dry the fresh produce. Thinly slice the grapes into rounds. Peel and thinly slice the shallot. Peel and mince the garlic. Remove and discard the corn husks and silks. Cut the corn kernels off the cobs; discard the cobs. Snap off and discard the stem ends of the beans; cut the beans into 2-inch pieces. Halve the tomatoes; place in a bowl and season with salt. Cut the chives into 2-inch pieces.

2



Pickle the grapes:

In a small bowl, combine the **vinegar**, **sugar** and a **big pinch of salt**. Stir until thoroughly combined and the sugar has dissolved. Stir in the **grapes**. Set aside to pickle, stirring occasionally, for at least 10 minutes.

3



Make the succotash:

While the grapes pickle, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **shallot** and **garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **corn** and **beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add $\frac{1}{4}$ **cup of water**; cook, stirring occasionally, 3 to 4 minutes, or until the water has cooked off. Add the **tomatoes** and **butter**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the tomatoes are slightly softened. Transfer to a bowl and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

4



Coat & cook the cod:

Place the **rice flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned fillets in the rice flour (tapping off any excess). In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the coated fillets and cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

5



Plate your dish:

Divide the **succotash** and **cooked cod fillets** between 4 plates. Top the cod with the **pickled grapes** and as much of the **pickling liquid** as you'd like. Garnish with the **chives**. Enjoy!