

Basque-Style Cod

with Sweet Pepper-Tomato Sauce & Freekeh

Basque cooking, which draws from both French and Spanish traditions, is known for its vivid red sauce—a delicious accompaniment to mild cod. In classic fashion, we're using fresh bell pepper and ground Espelette pepper, infusing the tomato sauce with its characteristic smokiness. A simple relish of parsley, almonds and garlic tops it all off with a bit of crunch (and brings out the sautéed garlic in the dish).

Blue Apron Wine Pairings

Alma Gitana Grenache, 2014

Marius Roux Chenin Blanc, 2015



Ingredients

2 Cod Fillets
½ Cup Cracked Freekeh
1 15-Ounce Can Diced Tomatoes
3 Cloves Garlic
1 Red Bell Pepper
1 Yellow Onion
1 Large Bunch Parsley

Knick Knacks

3 Tablespoons Almonds
2 Tablespoons Sherry Vinegar
½ Teaspoon Ground Espelette Pepper

Makes: 2 servings | **Calories:** about 570 per serving

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



1



Cook the freekeh:

Heat a small pot of salted water to boiling on high. Once boiling, add the **freekeh** and cook, uncovered, 22 to 25 minutes, or until tender. Drain thoroughly and return to the pot. Off the heat, drizzle with olive oil and stir to combine; season with salt and pepper to taste.

2



Prepare the ingredients:

While the freekeh cooks, wash and dry the fresh produce. Peel the garlic; thinly slice 2 of the cloves. Mince the remaining clove; using the flat side of your knife, smash until it resembles a paste (or use a zester). Cut out and discard the stem, ribs and seeds of the bell pepper; medium dice. Peel and medium dice the onion. Finely chop the parsley leaves and stems. Finely chop the almonds.

3



Start the sauce:

While the freekeh continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **bell pepper**, **onion** and **sliced garlic**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened.

4



Finish the sauce:

Add the **diced tomatoes**, **vinegar** and **half the ground Espelette pepper** to the pan; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until saucy and slightly reduced in volume; season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Rinse and wipe out the pan.

5



Cook the cod:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until cooked through. Remove from heat.

6



Make the parsley-almond relish & plate your dish:

While the cod cooks, in a bowl, combine the **parsley**, **almonds** and as much of the **garlic paste** as you'd like. Slowly stir in enough olive oil to create a rough paste; season with salt and pepper to taste. Divide the **cooked freekeh** and **finished sauce** between 2 dishes. Top with the **cooked cod fillets**. Garnish with the **remaining ground Espelette pepper**, parsley-almond relish and a drizzle of olive oil. Enjoy!