

Pan-Seared Cod

with Meyer Lemon Sauce & Fall Vegetables

In this classic American dish, we're letting the season's best ingredients shine. Meyer lemon—a bright, aromatic variety—brings its distinctively fruity flavor and subtle sweetness to the lemon-butter sauce for our cod. To finish the sauce, we're stirring in chopped almonds, which add a pleasant crunch to every bite. On the side, tangy crème fraîche ties together a fall medley of carrots, broccoli and roasted potatoes.

Blue Apron Wine Pairings

Wyckoff Vineyard Chardonnay, 2015

Ventana Vineyards Chardonnay, 2014



Ingredients

- 4 Cod Fillets
- 2 Carrots
- 2 Cloves Garlic
- 2 Russet Potatoes
- 1 Meyer Lemon
- ½ Pound Broccoli

Knick Knacks

- 4 Tablespoons Butter
- 2 Tablespoons Crème Fraîche
- 2 Tablespoons Rice Flour
- 2 Tablespoons Roasted Almonds

Makes: 4 servings

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



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp384

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the potatoes lengthwise; thinly slice crosswise. Peel the carrots and thinly slice on an angle. Cut the broccoli into small pieces. Peel and finely chop the garlic. Quarter and deseed the lemon. Roughly chop the almonds.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan; drizzle with **1 tablespoon of olive oil** and season with salt and pepper. Toss to coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

3



Cook the carrots & broccoli:

While the potatoes roast, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **carrots** and **broccoli**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until slightly softened. Add the **garlic** and cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add **½ cup of water** and cook, stirring occasionally, 4 to 6 minutes, or until the vegetables have softened and the water has cooked off. Transfer to a large bowl; season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.

4



Coat & cook the cod:

While the potatoes continue to roast, place the **flour** on a plate; season with salt and pepper and stir to incorporate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat 1 side of each seasoned fillet in the seasoned flour (tapping off any excess). Transfer to a plate. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, coated sides down, and cook 3 to 5 minutes on the first side, or until golden brown. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate.

5



Dress the vegetables:

Add the **roasted potatoes** and **crème fraîche** to the bowl of **cooked carrots and broccoli**; stir to thoroughly combine. Season with salt and pepper to taste.

6



Make the sauce & plate your dish:

Heat the pan of reserved fond on medium until hot. Add the **juice of all 4 lemon wedges** (be careful, as the juice may splatter); cook, stirring occasionally, 30 seconds to 1 minute, or until reduced in volume by about half. Add the **butter** and **2 tablespoons of water**; cook, stirring frequently, 1 to 2 minutes, or until well combined. Turn off the heat. Stir in the **almonds**. Season with salt and pepper to taste. Divide the **dressed vegetables** and **cooked cod fillets** between 4 dishes. Top with the sauce. Enjoy!