

Cod en Papillote

with Freekeh & Spinach

Chefs, tonight we're using a classic French technique for elevated, gourmet results. Baking our cod "en papillote" (French for "in parchment") seals in moisture and flavor, making for delicious results—not to mention easy cleanup! To create an easy pouch for the cod, spinach and nutty freekeh to bake in, you'll place everything on parchment paper, then fold it into packets. The results are perfect for enjoying with a splash of Meyer lemon juice (known for its pleasantly fruity flavor) and spoonfuls of herb-seasoned crème fraîche.

Blue Apron Wine Pairings

Wooldridge Creek White Wine, 2015

Seigneurie de Châtillon Chardonnay, 2015

Scharf Farms Pinot Gris, 2015



Ingredients

- 2 Cod Fillets
- 2 Sheets Parchment Paper
- ¾ Cup Cracked Freekeh
- 3 Cloves Garlic
- 1 Meyer Lemon
- ½ Pound Spinach
- 1 Bunch Parsley

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Crème Fraîche

Makes: 2 servings

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes

1



Cook the freekeh:

Preheat the oven to 400°F. 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.

2



Prepare the ingredients & make the herb sauce:

While the freekeh cooks, wash and dry the fresh produce. Pick half the parsley leaves off the stems; finely chop the remaining leaves and stems. Using a peeler, remove the lemon rind, avoiding the white pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and mince the garlic. In a bowl, combine the **crème fraîche**, **chopped parsley**, **lemon zest**, **¼ of the garlic** and the **juice of 2 lemon wedges**. Drizzle with olive oil; season with salt and pepper to taste.

3



Cook & drain the spinach:

While the freekeh continues to cook, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **remaining garlic** and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid.

4



Assemble the packets:

Lay the sheets of **parchment paper** on a clean, dry work surface. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Divide the **cooked freekeh** between the sheets, placing slightly off-center. Top the freekeh with the **cooked spinach** and seasoned fillets. Using your hands, pinch the **butter** into small pieces; divide between the fillets. Working 1 sheet at a time, fold the longer end of the paper over the filling to create a packet with 3 open sides. Fold the open sides towards the center twice; crease firmly to seal the packet. Carefully transfer the packets to a sheet pan.

5



Bake the packets & serve your dish:

Place the **packets** in the oven and bake 10 to 12 minutes, or until the packets are lightly browned and puffed up. Remove from the oven and divide between 2 dishes; carefully open. Garnish with the **whole parsley leaves** and **remaining lemon wedges**. Serve with the **herb sauce** on the side. Enjoy!