

Crispy Cod Sandwiches

with Red Cabbage & Apple Slaw

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 4

These fish sandwiches celebrate the simple flavors of coastal New England fare. Carrots marinated in red wine vinegar make for the perfect seasonal “pickle” to pair with our crispy, zesty cod. And in our cool-weather slaw on the side, crisp red cabbage and apple complete the meal with another layer of refreshing texture.



BLUE APRON WINE PAIRING:

Westmount Pinot Gris, 2015

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Ingredients



4
COD FILLETS



4
POTATO BUNS



2
CARROTS



2
SCALLIONS



1
APPLE



1 lb
RED CABBAGE



2
RUSSET POTATOES



3 Tbsp
SWEET PICKLE
RELISH

KNICK KNACKS:



2 Tbsp
RED WINE
VINEGAR



¼ cup
CRISPY COD
SPICE BLEND



⅓ cup
MAYONNAISE



¼ cup
SUGAR



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1 Prepare the ingredients & marinate the carrots:

- ☒ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the buns.
- ☐ Cut the potatoes into 1-inch-wide wedges.
- ☐ Remove and discard the core of the cabbage; thinly slice.
- ☐ Core the apple and cut into matchsticks.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Peel the carrots and grate on the large side of a box grater. Place in a bowl with **¼ of the vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



2 Roast the potatoes:

- ☐ While the carrots marinate, place the **potatoes** on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in a single, even layer, skin sides down.
- ☐ Roast, rotating the sheet pan halfway through, 28 to 30 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish.

3 Make the slaw:

- ☐ While the potatoes roast, in a large bowl, combine the **sugar** and **remaining vinegar**; whisk until the sugar dissolves. Add the **cabbage** and **apple**; stir to thoroughly combine and season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste. Transfer to a serving dish.



4 Make the sauce:

- ☐ While the slaw marinates, in a bowl, combine the **mayonnaise**, **pickle relish** and **white bottoms of the scallions**; season with salt and pepper to taste.

5 Coat & cook the cod:

- ☐ Once the potatoes have roasted for about 10 minutes, place the **spice blend** 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 spice blend (tapping off any excess).
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets and cook 5 to 7 minutes on the first side, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

6 Finish & serve your dish:

- ☐ While the potatoes continue to roast, working in batches, add the **buns**, cut sides down, to the pan of reserved fond. (If the pan seems dry, add 1 teaspoon of olive oil.) Toast on medium-high 1 to 2 minutes, or until lightly browned. Transfer to a work surface.
- ☐ Spread a layer of the **sauce** onto the cut sides of the toasted buns. Top the bun bottoms with the **cooked cod fillets**, **marinated carrots** (you may have extra carrots) and bun tops. Transfer to a serving dish.
- ☐ Garnish the **roasted potatoes** and **slaw** with the **green tops of the scallions**. Serve on the side. Enjoy!

