

Smoky Seared Cod

with Roasted Potato & Dates

PREP TIME: 10 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Made from chiles that have been dried and smoked over a wood fire, smoked paprika is one of our go-to spices for imparting plenty of flavor. In tonight's dish, it adds its distinctive smokiness to meaty cod fillets (while a bit of rice flour in our blend gives the cod its crispy crust). We're serving the cod with a roasted potato salad, brightened up by tangy pickled shallot and the pleasantly bitter crunch of baby kale. And for plenty of brightness throughout, we're using the juice of a pink lemon—known for its beautiful variegated green skin and rosy flesh.



BLUE APRON WINE PAIRING:

DeSante "L'Atelier" White Wine, 2016

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Ingredients



2
COD FILLETS



1 oz
BABY KALE



2 cloves
GARLIC



1
PINK LEMON



¾ lb
RUSSET POTATO

KNICK KNACKS:



1
SHALLOT



3 Tbsp
ROASTED
ALMONDS



2 Tbsp
RED WINE
VINEGAR



1 ½ Tbsp
SMOKY COD
SPICE BLEND



1 Tbsp
SUGAR



½ oz
DEGLET NOOR
DATES



2 Tbsp
BUTTER



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the potato into 1/4-inch-thick rounds.
- ☐ Peel and thinly slice the shallot.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the dates.
- ☐ Quarter and deseed the lemon.
- ☐ Roughly chop the kale.
- ☐ Roughly chop the almonds.

2 Roast the potato:

- ☐ Place the **potato** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast, turning halfway through, 18 to 20 minutes, or until browned and tender when pierced with a fork.
- ☐ Remove from the oven and transfer to a large bowl. Set aside in a warm place.

3 Pickle the shallot:

- ☐ While the potato roasts, in a small pot, combine the **shallot, sugar, vinegar** and **1/4 cup of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until the sugar has dissolved.
- ☐ Transfer to a heatproof bowl and set aside to cool, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.
- ☐ Reserving **2 tablespoons of the shallot pickling liquid**, drain the pickled shallot.

4 Coat & brown the cod:

- ☐ While the shallot cools, place the **spice blend** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the spice blend (tapping off any excess).
- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets, coated sides down, and cook for 3 to 5 minutes on the first side, or until browned.

5 Finish the cod & make the sauce:

- ☐ Flip the fillets and cook 1 to 2 minutes, or until lightly browned.
- ☐ Add the **butter, garlic, dates** and **1/4 cup of water**; season with salt and pepper. Cook, occasionally spooning the sauce over the cod, 2 to 3 minutes, or until coated and the cod is cooked through.
- ☐ Turn off the heat and top with **the juice of 2 lemon wedges**. Season with salt and pepper to taste.

6 Dress the vegetables & plate your dish:

- ☐ To the bowl of **roasted potato**, add the **kale, pickled shallot, reserved pickling liquid, the juice of the remaining lemon wedges** and a drizzle of olive oil. Gently toss to combine and season with salt and pepper to taste.
- ☐ Divide the dressed vegetables between 2 dishes. Top with the **finished cod and sauce**. Garnish with the **almonds**. Enjoy!