

Spiced Cod Tacos

with Mashed Avocado & Butter Lettuce-Peanut Salad

PREP TIME: 15 minutes

COOK TIME: 15-25 minutes

SERVINGS: 4

It's taco night, chefs—and we're wrapping warm tortillas around flaky, zesty cod, coated with Mexican spices and browned in a hot pan. (First, you'll cut your cod into even strips, ensuring quicker cooking and creating more surface area to coat.) These ingredients find a refreshing counterpoint in marinated cabbage and cucumber. To round out each taco with rich, tangy flavors and deliciously creamy consistency, we're also adding avocado mashed with yogurt and lime juice.



BLUE APRON WINE PAIRING:

Brick & Mortar Vin Blanc, 2016

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Ingredients



1 3/4 lbs
COD TAILS



12
FLOUR TORTILLAS



1/2 cup
PLAIN GREEK
YOGURT



1
PERSIAN
CUCUMBER



1 head
BUTTER LETTUCE



1
AVOCADO



1/2 lb
GREEN CABBAGE



1
LIME

KNICK KNACKS:



3 Tbsp
ROASTED
PEANUTS



1 Tbsp
WHITE WINE
VINEGAR



1/4 cup
GRATED COTIJA
CHEESE



1 Tbsp
MEXICAN SPICE
BLEND*

* Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin, & Dried Mexican Oregano



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Thinly slice the cucumber into rounds.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves.
- ☐ Cut off and discard the root end of the lettuce; separate the leaves.
- ☐ Roughly chop the peanuts.
- ☐ Quarter the lime.
- ☐ Pit, peel, and medium dice the avocado; place in a medium bowl and top with **the juice of 1 lime wedge** to prevent browning. Season with salt and pepper.
- ☐ Pat the cod dry with paper towels. Cut crosswise into 1/2-inch-wide strips; transfer to a large bowl.



2 Marinate the cucumber & cabbage:

- ☐ In a large bowl, combine the **cucumber, cabbage, vinegar, a pinch of the spice blend**, and **the juice of 2 lime wedges**. Season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

3 Make the dressing & mash the avocado:

- ☐ While the cucumber and cabbage marinate, in a bowl, combine the **yogurt** and **the juice of the remaining lime wedge**. Slowly stir in **1 tablespoon of olive oil** until thoroughly combined. Season with salt and pepper to taste.
- ☐ Add **half the dressing** to the bowl of **seasoned avocado**. Using a fork, mash to your desired consistency; season with salt and pepper to taste.



4 Cook the cod:

- ☐ While the cucumber and cabbage continue to marinate, add the **remaining spice blend** to the bowl of **cod**; season with salt and pepper. Gently toss to coat.
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned cod in a single, even layer and cook, carefully turning occasionally, 5 to 7 minutes, or until browned and cooked through. Transfer to a paper towel-lined plate.

5 Warm the tortillas:

- ☐ While the cod cooks, stack the **tortillas** on a large piece of aluminum foil; tightly wrap the foil around the tortillas. Carefully place directly onto the oven rack and warm 6 to 8 minutes, or until heated through and pliable. Remove from the oven. When cool enough to handle, carefully unwrap the warmed tortillas.



6 Make the salad & serve your dish:

- ☐ While the tortillas warm, in a large bowl, combine the **lettuce** and **cheese**; season with salt and pepper. Add enough of the **remaining dressing** to coat the salad (you may have extra dressing). Toss to thoroughly coat; season with salt and pepper to taste. Transfer to a serving dish. Garnish with the **peanuts**.
- ☐ Divide the **cooked cod, mashed avocado, and marinated cucumber and cabbage** among the **warmed tortillas**. Divide among 4 plates. Serve with the salad and any **remaining dressing** on the side. Enjoy!