

Seared Cod & Crème Fraîche Sauce

with Potato, Cabbage, & Olive Hash

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Tonight, a unique potato hash makes a gourmet side for pan-seared cod. We're sautéing our potato to bring out its nutty flavor, then adding cabbage and Castelvetrano olives, which round out the hash with their buttery, briny notes. For a bright, creamy counterpoint (ideal for drizzling on the cod and vegetables), we're making a sauce with crème fraîche and the juice of a pink lemon, known for its rosy color and slightly fruity tang.



BLUE APRON WINE PAIRING:

Benziger Sauvignon Blanc, 2015

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Ingredients



2
COD FILLETS



1
PINK LEMON



1
RUSSET POTATO



1/2 lb
GREEN CABBAGE

KNICK KNACKS:



3 Tbsp
ROASTED
ALMONDS



2 Tbsp
RICE FLOUR



1
SHALLOT



1 oz
CASTELVETRANO
OLIVES



1/4 tsp
CRUSHED RED
PEPPER FLAKES



2 Tbsp
CRÈME FRAÎCHE



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1 Prepare the ingredients & marinate the shallot:

- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the potato.
- ☐ Cut out and discard the cabbage core; medium dice the leaves.
- ☐ Using the flat side of your knife, smash the olives; remove and discard the pits.
- ☐ Roughly chop the almonds.
- ☐ Peel the shallot and finely chop to get 2 tablespoons (you may have extra).
- ☐ Quarter and deseed the lemon.
- ☐ In a bowl, combine the **shallot** and the **juice of 2 lemon wedges**; season with salt. Set aside to marinate, stirring occasionally, for at least 10 minutes.



2 Cook the potato:

- ☐ While the shallot marinates, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **potato** and cook, stirring occasionally, 8 to 10 minutes, or until lightly browned and slightly softened. Season with salt and pepper.

3 Add the cabbage:

- ☐ Add the **cabbage** to the pan; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook, stirring occasionally, 5 to 7 minutes, or until the cabbage has wilted and the potato has softened.



4 Finish the vegetables:

- ☐ To the pan, add the **olives** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until fragrant.
- ☐ Transfer to a bowl and drizzle with olive oil. Stir to coat and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

5 Coat & cook the cod:

- ☐ Place the **flour** on a plate. 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 flour (tapping off any excess).
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the cod fillets, coated side down, and cook 4 to 5 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through. Divide between 2 dishes.



6 Make the sauce & plate your dish:

- ☐ While the cod cooks, to the bowl of **marinated shallot**, add the **crème fraîche**. Stir to combine and season with salt and pepper to taste.
- ☐ Divide the **finished vegetables** between the dishes of **cooked cod fillets**. Garnish the vegetables with the **almonds**. Serve with the sauce and **remaining lemon wedges** on the side. Enjoy!