

# Curry-Spiced Cod & Summer Squash

with *Ginger-Lime Raisins*  
& *Garlic Naan*

**PREP TIME:** 15 minutes

**COOK TIME:** 30-40 minutes

**SERVINGS:** 4

Tonight's dish highlights the dynamic flavors of Indian cuisine. We're seasoning our cod with a flavorful blend of spices, including warming garam masala, turmeric, and cumin. On the side, we're dressing up naan with a bit of garlicky butter and brightening up basmati rice with fresh herbs. A cooling yogurt sauce and tangy, sweet raisins balance out the heat of the spices. (Chefs, you may receive green zucchini, grey zucchini, or yellow squash.)



## MATCH YOUR BLUE APRON WINE:



Crisp & Minerally

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## Ingredients



4  
COD FILLETS



2 pieces  
NAAN BREAD



1 cup  
WHITE  
BASMATI RICE



1/2 cup  
PLAIN GREEK  
YOGURT



1 bunch  
CILANTRO & MINT



2  
LIMES



2  
SUMMER SQUASH



2 cloves  
GARLIC

## KNICK KNACKS:



2 Tbsp  
BUTTER



1 1-inch piece  
GINGER



1 Tbsp  
CURRY SPICE  
BLEND\*



1 Tbsp  
HONEY



1/3 cup  
GOLDEN RAISINS

\* Garam Masala, Hot Curry Powder, Ground Turmeric, Ground Cumin, & Garlic Powder



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### 1 Prepare the ingredients & make the yogurt sauce:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and roughly chop the ginger.
- ☐ Cut the squash into 1/2-inch-thick rounds.
- ☐ Pick the mint leaves off the stems; discard the stems and roughly chop.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Peel and roughly chop the garlic.
- ☐ Quarter the limes.
- ☐ In a bowl, combine the **yogurt, the juice of 4 lime wedges, and 2 teaspoons of water**. Season with salt to taste.



### 2 Make the ginger-lime raisins:

- ☐ In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger**. Cook, stirring frequently, 1 to 2 minutes, or until softened. Add the **raisins and 1/2 cup of water**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until the water has cooked off. Add the **honey** (kneading the package before opening) and the **juice of the remaining lime wedges**. Cook, stirring frequently, 30 seconds to 1 minute, or until thickened. Transfer to a bowl. Season with salt and pepper to taste. Rinse and wipe out the pot.

### 3 Roast the squash:

- ☐ While the raisins cook, line a sheet pan with foil. Place the **squash** on the prepared sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer. Roast 8 to 10 minutes, or until lightly browned. Leaving the oven on, remove the roasted squash from the oven. Transfer to a plate. Discard the foil.



### 4 Cook the rice:

- ☐ While the squash roasts, in the same pot, combine the **rice, a big pinch of salt, and 2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Stir in the **mint and cilantro**. Season with salt and pepper to taste.

### 5 Make the garlic naan:

- ☐ While the rice cooks, line the same sheet pan with foil. Place the **naan** on the prepared sheet pan. In a large pan (nonstick, if you have one), heat the **butter** on medium until melted. Add the **garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Evenly top the naan with the garlic butter. Season with salt and pepper. Rinse and wipe out the pan. Toast the naan in the oven 4 to 6 minutes, or until fragrant. Remove from the oven. Transfer to a serving dish.



### 6 Cook the cod & serve your dish:

- ☐ While the naan toasts, pat the **cod fillets** dry with paper towels. Season on both sides with salt, pepper, and **as much of the spice blend as you'd like**. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets and cook 3 to 5 minutes per side, or until lightly browned and cooked through. (If the pan seems dry, add 1 teaspoon of olive oil after flipping the cod.) Turn off the heat. Divide the **cooked rice, roasted squash, and cooked fillets** among 4 dishes. Top with the **yogurt sauce**. Top the cod with the **ginger-lime raisins**. Serve with the **garlic naan** on the side. Enjoy!