

Cod & Tomatillo Salsa

with Summer Squash & Sweet Potato Hash

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Cod is the perfect companion for bold sides and garnishes thanks to its mild flavor. This recipe pairs the fish with a zesty Mexican hash of hearty sweet potato and tender summer squash (you may receive green zucchini, grey zucchini, or yellow squash). We're topping the hash with a bright, fresh salsa of roasted tomatillos and pickled jalapeño—and, for another layer of flavor, drizzling it all with a cooling lime sour cream.



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Ingredients



2
COD FILLETS



6 oz
TOMATILLOS



2 cloves
GARLIC



2
SCALLIONS



1
LIME



1
SUMMER SQUASH



1
SWEET POTATO



1 bunch
CILANTRO

KNICK KNACKS:



2 Tbsp
ROASTED PEPITAS



1 oz
SLICED PICKLED
JALAPEÑO PEPPER



1/2 cup
SOUR CREAM



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1 Prepare the ingredients & make the lime sour cream:

- ☐ Preheat the oven to 475°F.
- ☐ Remove and discard any husks from the tomatillos.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the sweet potato.
- ☐ Medium dice the squash.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Quarter the lime.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ In a bowl, combine the **sour cream**, the **juice of 2 lime wedges**, the **green tops of the scallions**, **1 tablespoon of water**, and a drizzle of olive oil. Season with salt and pepper to taste.
- ☐ Roughly chop the pepper. Thoroughly wash your hands, knife, and cutting board immediately after handling the pepper.

2 Roast the tomatillos:

- ☐ Line a sheet pan with aluminum foil. Place the **tomatillos** on the prepared sheet pan. Drizzle with olive oil and season with salt and pepper. Turn to thoroughly coat. Roast 12 to 14 minutes, or until lightly browned and softened. Remove from the oven. Carefully transfer to a cutting board.

3 Make the hash:

- ☐ While the tomatillos roast, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **sweet potato** in a single, even layer; cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and slightly softened. Add the **squash** and cook, stirring occasionally, 2 to 3 minutes, or until lightly browned. Add the **garlic** and **white bottoms of the scallions**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened and fragrant. Turn off the heat. Stir in the **pepitas**. Season with salt and pepper to taste. Divide between 2 dishes and set aside in a warm place. Wipe out the pan.

4 Cook the cod:

- ☐ Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets and cook 4 to 5 minutes per side, or until lightly browned and cooked through. Turn off the heat.

5 Make the salsa:

- ☐ While the cod cooks, when cool enough to handle, finely chop the **roasted tomatillos**. Transfer to a medium bowl. Add **half the cilantro**, the **juice of the remaining lime wedges**, and **as much of the pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Stir to thoroughly combine. Season with salt and pepper to taste.

6 Plate your dish:

- ☐ Top the dishes of **hash** with the **cooked cod fillets**. Top the hash with the **as much of the salsa as you'd like** (you may have extra). Garnish with the **remaining cilantro**. Serve with the **lime sour cream** on the side. Enjoy!