

Cod & Fairy Tale Eggplants

with Tomatoes & Pearl Couscous

TIME: 30-40 minutes

SERVINGS: 2

A Sicilian favorite, eggplant caponata typically combines the summer vegetable with tomatoes, currants or raisins, capers, nuts, and more. Our take on caponata showcases tomatoes (yours may be red or yellow) and fairy tale eggplants—petite enough to cut up and cook on the stovetop in just a few minutes. Savory, sweet, and tart, it's the perfect topping for seared cod served over pearl couscous.



MATCH YOUR BLUE APRON WINE



Lush & Fruity

Serve a bottle with this symbol for a great pairing.



Ingredients



2
COD FILLETS



6 oz
FAIRY TALE
EGGPLANTS



¾ cup
PEARL COUSCOUS

Did You Know?
This spherical pasta is toasted to give it its distinctly nutty flavor.



1 clove
GARLIC



1 bunch
BASIL



6 oz
CHERRY
OR CHARM
TOMATOES

KNICK KNACKS:



3 Tbsps
GOLDEN RAISINS



2 Tbsps
RED WINE
VINEGAR



1 Tbsp
CAPERS



3 Tbsps
RICE FLOUR



2 Tbsps
ROASTED
ALMONDS





1 Prepare the ingredients:

- Heat a small saucepan of salted water to boiling on high.
- Wash and dry the fresh produce.
- Cut the eggplants into 1/2-inch-thick rounds.
- Peel and roughly chop the garlic.
- Halve the tomatoes; place in a bowl and season with salt and pepper.
- Pick the basil leaves off the stems; discard the stems.
- Roughly chop the almonds.



2 Cook the eggplants:

- In a medium pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- Add the **eggplants** and cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until slightly softened.



3 Cook the couscous:

- While the eggplants cook, add the **couscous** to the saucepan of boiling water. Cook, uncovered, 7 to 8 minutes, or until tender.
- Drain thoroughly and return to the saucepan. Drizzle with olive oil and season with salt and pepper to taste. Set aside in a warm place.



4 Cook the tomatoes & finish the vegetables:

- While the couscous cooks, add the **garlic** and **capers** to the pan of **eggplants**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- Add the **seasoned tomatoes** and cook, stirring occasionally, 5 to 6 minutes, or until slightly softened. Turn off the heat and stir in the **vinegar** (be careful, as the vinegar may splatter).
- Transfer to a bowl and stir in **half the basil** (tearing the leaves just before adding); season with salt and pepper to taste. Set aside in a warm place. Rinse and 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 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets, coated side down. Cook 3 to 5 minutes per side, or until lightly browned and cooked through. Turn off the heat.



6 Finish the couscous & plate your dish:

- Add the **almonds** and **raisins** to the saucepan of **cooked couscous**. Stir to combine. Divide the finished couscous between 2 dishes.
- Top with the **cooked cod fillets** and **finished vegetables**. Garnish with the **remaining basil** (tearing the leaves just before adding). Enjoy!