

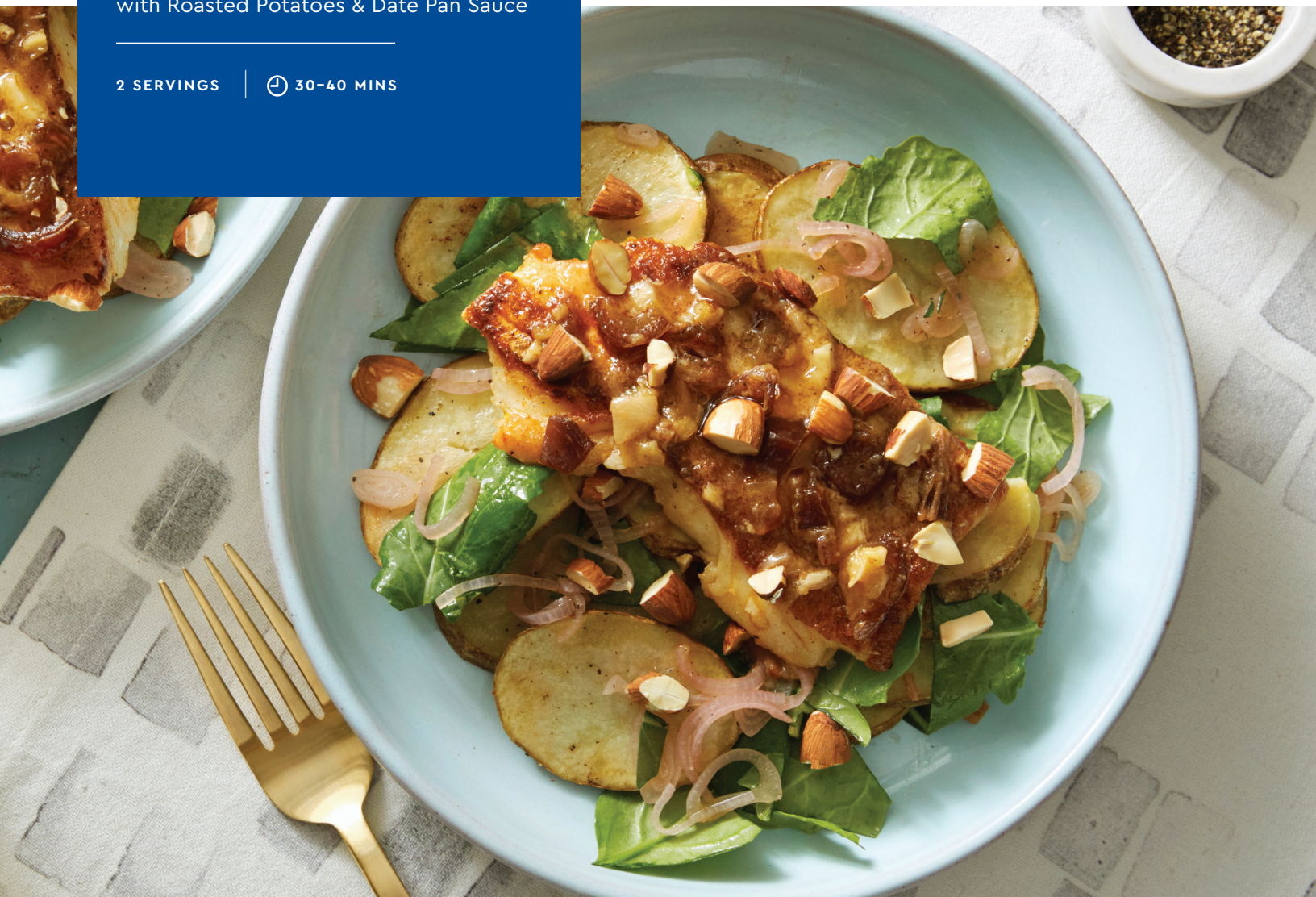
Smoky Seared Cod

with Roasted Potatoes & Date Pan Sauce

2 SERVINGS














⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



In this dish, our paprika-forward spice blend adds its distinctive smokiness to mild cod, cooked with a rich, Spanish-style pan sauce made with sweet dates and a bit of butter.

Ingredients

- | | |
|--|---|
|  2 Cod Fillets |  1 Shallot |
|  2 oz Arugula |  1 Tbsp Sugar |
|  1 Lemon |  2 Tbsps Butter |
|  ¾ lb Golden or Red Potatoes |  1 Tbsp Sherry Vinegar |
|  2 cloves Garlic |  ¼ cup Rice Flour |
|  2 Tbsps Sliced Roasted Almonds |  1 Tbsp Smoky Spice Blend* |
|  1 oz Dried Medjool Dates | |



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

*Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into ¼-inch-thick rounds.
- Peel and thinly slice the **shallot**.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **dates**.
- Quarter and deseed the **lemon**.



2 Roast the potatoes

- Place the **potato rounds** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast, flipping halfway through, 18 to 20 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a large bowl.



3 Pickle the shallot

- Meanwhile, in a small pot, combine the **sliced shallot, sugar, vinegar, and ¼ cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until the sugar has dissolved. Turn off the heat.
- Set aside to cool at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Coat & start the fish

- Meanwhile, on a large plate, combine the **flour** and **spice blend**.
- Pat the **fish** dry with paper towels. Season on both sides with salt and pepper.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour** (tapping off any excess flour).
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the coated fish. Cook 2 to 3 minutes, or until browned.



5 Make the sauce & finish the fish

- Flip the **fish** and add the **butter, chopped garlic, chopped dates, and ¼ cup of water** (carefully, as the liquid may splatter) to the pan; season with salt and pepper. Cook, occasionally spooning the sauce over the fish, 2 to 3 minutes, or until the fish is coated and cooked through.*
- Turn off the heat. Evenly top with **the juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.



6 Finish the vegetables & serve your dish

- Reserving **2 tablespoons of the shallot pickling liquid**, drain the **pickled shallot**.
- To the bowl of **roasted potatoes**, add the **arugula, pickled shallot, reserved pickling liquid, the juice of the remaining lemon wedges**, and a drizzle of **olive oil**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished vegetables** topped with the **cooked fish and sauce**. Garnish with the **almonds**. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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