

Herb-Crusted Rockfish & Butter Pan Sauce

with Garlic-Sautéed Kale & Mashed Potatoes

TIME: 25-35 minutes

SERVINGS: 2

Inspired by a gourmet dish from the August 30 episode of MasterChef Season 8 on FOX, this recipe showcases delicate, flaky rockfish. We're coating it with a mixture of panko breadcrumbs and fresh thyme, forming a delicious golden-brown crust. Our fish and mashed potatoes come together with a bright lemon-butter pan sauce.



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Ingredients



4
ROCKFISH FILLETS



1
CAGE-FREE
FARM EGG



2 cloves
GARLIC



1 bunch
THYME



1 bunch
KALE



1
LEMON



3/4 lb
YUKON GOLD
POTATOES

KNICK KNACKS:



2 Tbsps
BUTTER



1/4 cup
RICE FLOUR



1/2 cup
PANKO
BREADCRUMBS



1/4 tsp
CRUSHED RED
PEPPER FLAKES



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1 Cook & mash the potatoes:

- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash, dry, and medium dice the **potatoes**.
- ☐ Once the pot of water is boiling, add the potatoes and cook 9 to 11 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Add **1 tablespoon of olive oil**.
- ☐ Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Set aside in a warm place.

2 Prepare the remaining ingredients:

- ☐ While the potatoes cook, wash and dry the remaining fresh produce.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ Peel and roughly chop the garlic.
- ☐ Pick the thyme leaves off the stems; discard the stems.
- ☐ Quarter and deseed the lemon.

3 Cook the kale:

- ☐ While the potatoes continue to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **kale**, **half the garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until fragrant and the kale is slightly wilted.
- ☐ Add **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat. Season with salt and pepper to taste. Transfer to a plate and set aside in a warm place. Wipe out the pan.



4 Bread the rockfish:

- ☐ Crack the **egg** into a medium bowl and beat until smooth. Place the **flour** on a large plate; season with salt and pepper. Place the **breadcrumbs** and **thyme** on a separate large plate; season with salt and pepper and stir to combine.
- ☐ Pat the **rockfish fillets** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, thoroughly coat the seasoned fillets in the flour (tapping off any excess), then in the beaten egg (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a separate plate.

5 Cook the rockfish:

- ☐ In the same pan, heat 2 tablespoons of olive oil on medium-high until hot. Add the **breaded rockfish fillets** and cook 2 to 3 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate; immediately season with salt and pepper.

6 Make the pan sauce & plate your dish:

- ☐ Add the **butter**, **remaining garlic**, **the juice of all 4 lemon wedges**, and **2 tablespoons of water** to the pan of reserved fond. Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined and the butter has melted. Turn off the heat. Season with salt and pepper to taste.
- ☐ Divide the **mashed potatoes**, **cooked kale**, and **cooked rockfish fillets** between 2 dishes. Top the potatoes and rockfish with the pan sauce. Enjoy!

