

Cod Fish & Chips

with Cabbage Slaw & Caper Mayo

2 SERVINGS

⌚ 30-40 MINS

 Blue Apron

blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

-  2 Cod Fillets
-  ½ lb Red Cabbage
-  1 Tbsp Sweetly Drop Peppers
-  1 Tbsp Dijon Mustard

-  ¾ lb Golden or Red Potatoes 
-  6 oz Carrots
-  ¼ cup Tempura Mix
-  1 Tbsp Rice Vinegar

-  1 head White or Romanesco Cauliflower 
-  1 Tbsp Capers
-  2 Tbsps Mayonnaise
-  1 Tbsp Weeknight Hero Spice Blend¹



Serve with Blue Apron wine that has this symbol blueapron.com/wine



8 7 7

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

SmartPoints reflect the **customized version** of this recipe and may differ depending on your chosen ingredients

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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 1-inch-wide wedges.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Peel the **carrots** and grate on the large side of a box grater.
- In a large bowl, combine the **sliced cabbage** and **grated carrots**.
- Roughly chop the **capers**; place in a separate bowl. Add the **mayonnaise** and **mustard**. Stir to combine. Taste, then season with salt and pepper if desired.



↩ CUSTOMIZED STEP 1 *If you chose Cauliflower*

- Follow the directions in Step 1, but skip the potato prep.
- Cut out and discard the core of the **cauliflower**; cut into small florets.

2 Roast the potatoes

- Place the **potato wedges** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer, skin side down.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



↩ CUSTOMIZED STEP 2 *If you chose Cauliflower*

- Follow the directions in Step 2, using the **cauliflower florets** (instead of potato wedges).

3 Make the slaw

- Meanwhile, to the bowl of **prepared cabbage and carrots**, add the **peppers**, **vinegar**, and **1 tablespoon of olive oil**; season with salt and pepper. Toss to combine.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Make the batter & coat the fish

- Meanwhile, pat the **fish** dry with paper towels.
- Transfer to a cutting board and cut each fillet into 2 equal-sized pieces. Season with salt and pepper on both sides.
- In a large bowl, whisk together the **tempura mix**, **spice blend**, and $\frac{1}{4}$ **cup of cold water**.
- Working in batches, add the **prepared fish** to the **batter**; gently turn to coat.



5 Cook the fish & serve your dish

- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a drop of batter sizzles immediately when added, add the **coated fish** (letting any excess batter drip off before adding). Cook 2 to 3 minutes per side, or until browned and cooked through.*
- Transfer to a paper towel-lined plate and immediately season with salt.
- Serve the **cooked fish** with the **roasted potatoes**, **slaw**, and **caper mayo** on the side. Enjoy!



↩ CUSTOMIZED STEP 5 *If you chose Cauliflower*

- Cook the fish and serve your dish as directed with the **roasted cauliflower** (instead of potatoes).

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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

