

Smoky Seared Cod

with Roasted Potatoes & Date Pan Sauce

2 SERVINGS

⌚ 30-40 MINS



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Ingredients



2 Cod Fillets 🔗



1 Lemon



¾ lb Golden
Potatoes



2 Tbsps Butter



2 tps Honey



2 Skin-On
Salmon Fillets 🔗



2 cloves Garlic



2 Tbsps Sliced
Roasted Almonds



1 Tbsp Sherry
Vinegar



1 Tbsp Smoky
Spice Blend¹



2 oz Arugula



1 Shallot



1 oz Dried
Medjool Dates



¼ cup Rice Flour

¹ Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/4-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 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, honey** (kneading the packet before opening), **vinegar** and **1/4 cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until combined and the shallot is coated. 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).



Step 4 continued:

- 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.

CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you'll omit the **rice flour** for salmon).
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned.

5 Make the sauce & finish the fish

- Flip the fish and add the **butter, chopped garlic, chopped dates**, and **1/4 cup of water** (carefully, as the liquid may splatter). Season with salt and pepper.
- Cook, occasionally spooning the sauce over the fish, 2 to 4 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.



CUSTOMIZED STEP 5 If you chose Salmon

- Make the sauce and finish the fish as directed.

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 **finished fish and sauce**. Garnish with the **almonds**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 650, Total Carbohydrates: 67g, Dietary Fiber: 8g, Added Sugars: 6g, Total Fat: 29g, Saturated Fat: 10g, Protein: 34g, Sodium: 680mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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