

Seared Cod & Peppers

over Creamy Rice

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Cod Fillets



4 oz Sweet Peppers



1 Tbsp Apple Cider Vinegar



1 Tbsp Weeknight Hero Spice Blend¹



½ cup Sushi Rice



1 clove Garlic



¼ cup Rice Flour



4 oz Grape Tomatoes



2 Tbsps Crème Fraîche



1 Tbsp Capers



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

¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Make the creamy rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **¾ cup of water**; heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **crème fraîche** until combined.
- Cover to keep warm.



2 Prepare the peppers

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice into rings.



3 Cook the fish & peppers

- Place the **flour** and **spice blend** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour**.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **coated fish** (tapping off any excess flour before adding) and **sliced peppers** in an even layer. Cook, flipping the fish halfway through and stirring the peppers occasionally, 5 to 6 minutes, or until the peppers are softened and the fish is browned and cooked through.*
- Turn off the heat.



4 Marinate the tomatoes & serve your dish

- Meanwhile, halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **halved tomatoes**, **capers**, **vinegar**, **1 teaspoon of olive oil**, and as much of the **garlic paste** as you'd like. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Serve the **creamy rice** topped with the **cooked fish and peppers** and **marinated tomatoes** (including any liquid). Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

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

**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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