

# Crispy Wild Alaskan Pollock

with Garlic Mashed Potatoes & Tartar Sauce

**TIME:** 40-50 minutes

**SERVINGS:** 4

In this recipe, fish sticks, a family favorite, get a gourmet makeover: a coating of potato flakes creates an irresistibly crispy exterior on our wild Alaskan pollock. (Drying the fish thoroughly will help the coating stick evenly.) We're serving sides of mashed potatoes and roasted broccoli, along with a classic tartar sauce—made with creamy mayo, pickle relish, and capers—for dipping.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



1 ¼ lbs  
WILD ALASKAN  
POLLOCK FILLETS



2  
CAGE-FREE  
FARM EGGS



1 ½ cups  
POTATO FLAKES



2 cloves  
GARLIC



1 ½ lbs  
BROCCOLI



1 lb  
YUKON GOLD  
POTATOES



2 Tbsps  
BUTTER



2 Tbsps  
SWEET PICKLE  
RELISH



1 Tbsp  
APPLE CIDER  
VINEGAR



1 Tbsp  
CAPERS



⅓ cup  
ALL-PURPOSE  
FLOUR



¼ cup  
MAYONNAISE



¼ cup  
SOUR CREAM



Download our iOS or Android app, or log in to [blueapron.com](https://blueapron.com) for how-to videos and supplier stories.





## 1 Prepare the ingredients:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the broccoli stem; cut the broccoli into small pieces.
- ☐ Large dice the potatoes.
- ☐ Peel the garlic; using the flat side of your knife, smash each clove to flatten.
- ☐ Roughly chop the capers.
- ☐ Pat the fish fillets dry with paper towels. Halve crosswise.



## 2 Roast the broccoli:

- ☐ Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 21 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.



## 3 Cook & mash the potatoes:

- ☐ While the broccoli roasts, add the **potatoes** and **garlic** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Add the **butter**, **sour cream**, and **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.



## 4 Coat the fish:

- ☐ While the potatoes cook, crack the **eggs** into a large bowl; season with salt and pepper. Beat until smooth.
- ☐ Place the **flour** and **potato flakes** on 2 separate large plates; season each with salt and pepper.
- ☐ Season the **fish fillets** with salt and pepper on both sides. Working 2 pieces at a time, thoroughly coat the seasoned fillets in the flour (tapping off any excess), then in the beaten eggs (letting any excess drip off), then in the potato flakes (pressing to adhere). Transfer to a separate plate.



## 5 Cook the fish:

- ☐ While the broccoli continues to roast, in a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- ☐ Working in batches if necessary, add the **coated fish fillets** and cook 2 to 3 minutes per side, or until browned and cooked through. (If the pan seems dry, add 1 teaspoon of olive oil between batches.)
- ☐ Transfer to a paper towel-lined plate. Immediately season with salt and pepper.



## 6 Make the tartar sauce & serve your dish:

- ☐ While the fish cooks, in a bowl, combine the **pickle relish**, **vinegar**, **mayonnaise**, and **capers**. Season with salt and pepper to taste.
- ☐ Transfer the **cooked fish fillets**, **mashed potatoes**, and **roasted broccoli** to serving dishes. Serve with the tartar sauce on the side. Enjoy!