

Pan-Seared Cod & Lemon Butter

with Kale & Saffron Rice

2 SERVINGS

⌚ 15-25 MINS

 **Blue Apron**
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Ingredients



2 Cod Fillets



1 Lemon



¼ cup Rice Flour



1 Tbsp Weeknight Hero Spice Blend¹



½ cup Sushi Rice



2 Tbsps Crème Fraîche



1 pinch Saffron



1 bunch Kale



1 oz Butter



¼ tsp Crushed Red Pepper Flakes



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 kale rice

- Wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- In a medium pot, combine the **rice**, **saffron**, a **big pinch of salt**, and **¾ cup of water**. Heat to boiling on high.
- Once boiling, place the **chopped kale** on top of the rice. 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 stir to combine.



2 Coat & cook 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).
- 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 per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a separate plate.



3 Make the sauce

- Meanwhile, quarter and deseed the **lemon**.
- To the pan of reserved fond, add the **juice of 2 lemon wedges**, **1 tablespoon of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook on **medium**, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until combined and the liquid is slightly reduced.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



4 Finish the kale rice & serve your dish

- To the pot of **kale rice**, stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** over the **finished kale rice**. Top the fish with the **sauce**. Serve the **remaining lemon wedges** on the side. Enjoy!



*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.

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