

Pan-Seared Cod

with Pickled Onion & Kale Salad

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Your meal may look different due to ingredient tweaks

 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


Customized ingredients



2 Cod Fillets 

SWAPPED FOR:



2 Skin-On Salmon Fillets 



1 Lemon



1 Tbsp Sherry Vinegar



2 Tbsps Sliced Roasted Almonds



3/4 lb Potatoes



2 cloves Garlic



1 oz Dried Medjool Dates



2 tsps Honey



1 Tbsp Smoky Spice Blend¹



1 Red Onion



6 oz Kale



1 oz Salted Butter



1/4 cup Rice Flour



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



12 - 17

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 12-17 Points. Scan the barcode to see yours!



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

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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.
- Halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **dates**.
- Quarter and deseed the **lemon**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.



2 Roast the potatoes

- Place the **potato rounds** on a sheet pan. Drizzle with **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 onion

- Meanwhile, in a small pot, combine the **sliced onion**, **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 onion 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 with salt and pepper on both sides.
- 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 a drizzle 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

- Meanwhile, pat the **fish** dry with paper towels (you'll omit the **flour** for salmon). Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle 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. 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.



6 Make the salad & serve your dish

- Reserving **2 tablespoons of the onion pickling liquid**, drain the **pickled onion**.
- To the bowl of **roasted potatoes**, add the **chopped kale**, **reserved pickling liquid**, **the juice of the remaining lemon wedges**, a drizzle of **olive oil**, and **as much of the pickled onion as you'd like**. Toss to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **cooked fish and sauce** with the **salad**. Garnish the salad with the **almonds**. Enjoy!



Ingredient updates mean this step may look different for you.

*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

Pan-Seared Cod

with Pickled Onion & Arugula Salad

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

Customized ingredients



2 Cod Fillets 🔄

SWAPPED FOR:



2 Skin-On Salmon Fillets 🔄



1 Lemon



1 Tbsp Sherry Vinegar



2 Tbsps Sliced Roasted Almonds



¾ lb Potatoes



2 cloves Garlic



1 oz Dried Medjool Dates



2 tsps Honey



1 Tbsp Smoky Spice Blend¹



1 Red Onion



2 oz Arugula



1 oz Salted Butter



¾ cup Rice Flour



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



12 - 17

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 12-17 Points. Scan the barcode to see yours!



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

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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.
- Halve, peel, and thinly slice the **onion**.
- 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 **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 onion

- Meanwhile, in a small pot, combine the **sliced onion**, **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 onion 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 with salt and pepper on both sides.
- 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 a drizzle 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

- Meanwhile, pat the **fish** dry with paper towels (you'll omit the **flour** for salmon). Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle 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. 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.



6 Make the salad & serve your dish

- Reserving **2 tablespoons of the onion pickling liquid**, drain the **pickled onion**.
- To the bowl of **roasted potatoes**, add the **arugula**, **reserved pickling liquid**, the **juice of the remaining lemon wedges**, a drizzle of **olive oil**, and **as much of the pickled onion as you'd like**. Toss to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **cooked fish and sauce** with the **salad**. Garnish the salad with the **almonds**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.