

# Spicy Cod Puttanesca Pasta

*with Spaghettini & Pickled Cauliflower*

This classic Italian pasta dish with a debated history and racy name—which we won't translate here—is full of tangy, salty and spicy flavors. To update the traditional recipe, we used spaghettini, a thinner version of spaghetti, and substituted cod for anchovies.



## Ingredients

- 5 Garlic Cloves
- 1 Bunch Fresh Oregano
- 1 Ounce Castelvetrano Olives
- ¼ Head Cauliflower
- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- 1 Teaspoon Black Peppercorns
- 2 Cod Fillets
- 1 28-Ounce Can Crushed Tomatoes
- 1 Tablespoon Capers
- ½ Teaspoon Red Pepper Flakes
- 8 Ounces Spaghettini

Makes 3 Servings

About 535 Calories Per Serving



[www.blueapron.com](http://www.blueapron.com)

Recipe #317



# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high heat. Peel all 5 garlic cloves. Smash 2 cloves to flatten them, then thinly slice the other cloves. Roughly chop the oregano leaves. Using the side of your knife, flatten the olives and remove the pits, then roughly chop. Chop the cauliflower into small florets and place in a heat-safe bowl or jar.



## Pickle the cauliflower:

Add the **red wine vinegar** to the cauliflower. In a small pot, heat the **smashed garlic cloves, sugar, black peppercorns, a pinch of salt** and **1 cup of water** to boiling over high heat. Remove from heat and pour over the cauliflower. Set aside as you continue cooking.



## Cook the fish:

Pat the **cod fillets** dry and season with salt and pepper on both sides. In a large pan, heat a couple teaspoons of oil on high until hot. Cook the seasoned cod for 2 to 3 minutes per side, or until browned. Transfer to a plate and set aside. Wipe out the pan.



## Make the sauce:

In the same pan, heat a little olive oil over medium until hot. Add the **garlic**; cook 5 to 15 seconds, or until fragrant, stirring frequently. Add the **crushed tomatoes, capers, half of the oregano** and as much of the **red chili flakes** as you'd like, depending on how spicy you'd like the dish to be. Bring to a boil and reduce the heat to low. Simmer 3 to 4 minutes, or until the sauce is slightly thickened; season with salt and pepper to taste. Add the **cooked fish** and simmer 6 to 7 minutes, or until the fish is cooked through and firm, stirring occasionally. Turn off the heat.



## Cook the pasta:

While the sauce is simmering, add the **spaghettini** to the boiling water; cook 8 to 10 minutes, or until al dente. Reserve  $\frac{1}{4}$  cup of **pasta water**, then add the **cooked noodles** to the sauce. Cook the pasta and sauce on medium heat for 1 to 2 minutes, or until heated through, stirring to thoroughly coat the noodles and gently break apart the fish fillets. If desired, you may add up to  $\frac{1}{4}$  cup of pasta water to create a looser sauce.



## Plate your dish:

Turn off the heat and stir in the **olives**, then season with salt and pepper to taste. To plate your dish, divide the pasta between 2 dishes. Garnish with the **remaining oregano**. Serve the **pickled cauliflower** on the side. Enjoy!