

Seared Cod & Peppers over Creamy Rice

with *Marinated Tomatoes*

 15-25 MINS | 2 SERVINGS

In this dish, fragrant jasmine rice gets deliciously tangy flavor and creamy texture from a touch of crème fraîche, which makes the perfect base for our vibrant vegetables and tender, flaky cod—elevated by a coating of our savory weeknight hero spice blend.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
COD FILLETS



4 oz
GRAPE TOMATOES



1 clove
GARLIC



2 Tbsps
CRÈME FRAÎCHE



1 Tbsp
CAPERS



½ cup
JASMINE RICE



4 oz
SWEET PEPPERS



1 Tbsp
WHITE WINE
VINEGAR



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

*Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Make the creamy rice:

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**; heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 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**. 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:

- Pat the **fish** dry with paper towels. 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 **2 teaspoons of olive oil** on medium until hot.
- Add the **seasoned fish**. Loosely cover the pan with foil and cook 4 to 6 minutes, or until browned.
- Flip the fish and add the **sliced peppers** in an even layer. Loosely cover with the foil and cook 4 to 6 minutes, or until the peppers are softened and the fish is 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, finely grate into a paste (or use the small side of a box grater).
- 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 **cooked fish and peppers** over the **creamy rice**. Top the fish with the **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 Sugar: xg, Total Fat: xxg, Saturated Fat: xxg, Protein: xxg, Sodium: xxxmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC New York, NY 10005

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