

Seared Cod & Zucchini over Creamy Brown Rice

with Marinated Tomatoes

2 SERVINGS

20-30 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 ) and instructions tailored to you.*

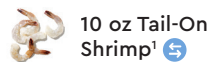
Ingredients


Customized ingredients



2 Cod Fillets 

SWAPPED FOR:



10 oz Tail-On Shrimp¹ 



1 clove Garlic



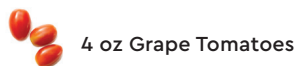
2 Tbsps Crème Fraîche



1 Tbsp Weeknight Hero Spice Blend²



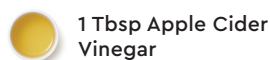
½ cup Brown Rice



4 oz Grape Tomatoes



1 Tbsp Capers



1 Tbsp Apple Cider Vinegar



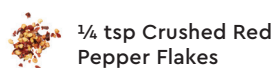
1 Zucchini




1 Yellow or Red Onion



¼ cup Rice Flour



¼ tsp Crushed Red Pepper Flakes

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

 **4 - 12** PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 4-12 Points. Scan the barcode to see yours!

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



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

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. peeled & deveined 2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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, 23 to 25 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** until combined. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Halve, peel, and medium dice the **onion**.
- Halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **halved tomatoes, capers, vinegar**, a drizzle 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.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** and **diced onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



4 Coat the cod

- Place the **flour** and **spice blend** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **cod** dry with paper towels. Season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned cod** in the **seasoned flour**.



SKIP STEP 4 If you chose Shrimp

5 Cook the cod & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **coated cod** (tapping off any excess flour before adding). Cook 2 to 3 minutes per side, or until browned and cooked through.*
- Turn off the heat.
- Serve the **creamy rice** topped with the **cooked cod, cooked vegetables**, and **marinated tomatoes** (including any liquid). Enjoy!



CUSTOMIZED STEP 5 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a large bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you'll omit the **flour** for shrimp). Stir to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp**. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.
- Serve the **creamy rice** topped with the **cooked shrimp, cooked vegetables**, and **marinated tomatoes** (including any liquid). Enjoy!

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

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.

Blue Apron, LLC, New York, NY 10005

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