

MARLEY SPOON



Baked Paprika Fish with Migas

and Salmorreta Sauce



20-30min



2 Portions

Inspired by the cuisine of Valencia and Alicante, we bring you this quick and simple dish of smoky baked fish with a spicy tomato salsa from the region. Served with golden fried croutons commonly known as migas in Spain and Portugal, this is classic Mediterranean coastal fare.

What we send

- rocket leaves
- sourdough bread roll ^{1,6,7}
- garlic, parsley
- red onion, roma tomato
- blue grenadier fillets with skin ⁴
- smoked paprika
- dried chilli flakes

What you'll require

- milk ⁷
- olive oil
- sea salt and pepper
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- large frypan
- oven tray
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 630.0kcal, Fat 35.1g, Proteins 37.0g, Carbs 39.3g



1. Pickle onion

Preheat the oven to 200C. Line an oven tray with baking paper. Finely grate **half the onion** (keep the remainder for another use) over paper towel to absorb any liquid. Transfer to a bowl with the **vinegar, sugar** and **salt**. Stir to dissolve sugar, then set aside for 10 mins to lightly pickle.



4. Bake fish

Bake grenadier for 6-8 mins until just cooked through.



2. Soak bread

Meanwhile, tear the **bread** into bite-size pieces and put in a bowl with the **milk** and **water** (see staples list). Stir well and set aside to soak for at least 5 mins.



5. Make salmorreta sauce

Meanwhile, finely chop or crush the **garlic**. Pick the **parsley** leaves and finely chop. Finely chop the **tomato**. Add the **garlic, parsley, tomato, 2 tsp oil** and **chilli flakes** to taste (careful they are hot) to the onion mixture, and stir well to combine.



3. Marinate fish

Meanwhile, put the **grenadier** on the lined tray, skin-side down. Brush with **2 tsp oil**, season with **salt and pepper**, and scatter over **half the paprika**.



6. Cook migas

Squeeze the liquid from the **bread** and discard the liquid. Toss the **bread** in the **remaining oil**. Put in a large frypan over medium heat and cook, tossing occasionally, for 5 mins or until crisp and golden. Season with **salt and pepper**. Divide the fish among plates with the migas, sauce and **rocket**.