



Seared Pollock

with Spiced Tomato Sauce & Potatoes



30-40min



2 Servings

We used Spanish flavors as the inspiration for this sumptuous dish by pumping up the flavor in the brothy tomato sauce with chorizo chili spice blend so it's reminiscent of chorizo, a popular Spanish sausage. Roasted potato wedges and asparagus are the perfect accompaniment for sopping up the vibrant flavors in the sauce. It's a hearty dinner that won't weigh you down. Cook, relax, and enjoy!

What we send

- pollock fillet ⁴
- white wine vinegar
- shallot
- fresh parsley
- yukon gold potatoes
- chorizo chili spice blend
- can whole-peeled tomatoes
- asparagus

What you need

- all-purpose flour ¹
- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- skillet
- potato masher or fork
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Fish (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 402kcal, Fat 6g, Carbs 56g, Proteins 34g



1. Prep ingredients

Preheat oven to 450°F. Pat **fish** dry, pressing out excess water if necessary. Season all over with **½ teaspoon salt** and **a few grinds pepper**. Dust 1 side of each fillet with **2 tablespoons flour**. Trim ends from **shallot**, then halve, peel, and finely chop ¼ cup (save rest). Pick **parsley leaves** from **stems**; finely chop stems and coarsely chop leaves, separately.



4. Build sauce

Return skillet to medium-high heat. Add **shallots** along with **1 teaspoon oil** and cook until golden and softened, 1-2 minutes. Add **parsley stems** and **chorizo chili spice blend** and cook until fragrant, about 30 seconds. Add **vinegar** and cook until evaporated, about 30 seconds.



2. Roast potatoes

Scrub **potatoes** and cut into ½-inch wedges (no need to peel). Transfer to a rimmed baking sheet and toss with **1 tablespoon oil**, **½ teaspoon salt**, and **a few grinds pepper**. Roast on center rack of oven until potatoes are golden brown and tender, about 25 minutes.



5. Finish fish

Add **tomatoes and their juices**, **¼ cup water**, **½ teaspoon salt**, and **a few grinds black pepper**. Increase heat to high and bring to a rapid boil while breaking up tomatoes using a masher or fork. Return **fish** to skillet along with **any accumulated juices**, crispy side-up, and reduce heat. Simmer over medium-low heat until fish is cooked through, about 5 minutes.



3. Fry fish

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high until oil is shimmering. Add **fish** to skillet, flour side-down, and cook until golden and crispy, and easily releases from skillet, about 5 minutes. Transfer fish to a plate, crispy side-up; wipe out skillet.



6. Finish & serve

Meanwhile, trim bottom 2-inches from **asparagus**, then halve spears crosswise on an angle. Toss with **1 teaspoon oil**, **¼ teaspoon salt**, and **a few grinds pepper**. Scatter over **potatoes** and continue cooking until asparagus is crisp-tender, about 5 minutes. Serve **fish** and **tomato sauce** with **potatoes** and **asparagus** on the side. Top with **chopped parsley leaves**. Enjoy!