

# Seared Cod & Saffron Rice

with Lemon-Butter Pan Sauce

🕒 15-25 MINS | 2 SERVINGS

Simple white rice gets a boost of bold color and flavor thanks to the addition of fragrant saffron as it cooks alongside tender bites of kale. The duo are a sophisticated pairing for delicate, flaky fish and a lemony butter sauce, lightly spiced with a touch of crushed red pepper.



## MATCH YOUR BLUE APRON WINE



Floral & Aromatic

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
COD FILLETS



1 bunch  
KALE



1  
LEMON



2 Tbsps  
CRÈME FRAÎCHE



1 pinch  
SAFFRON



1/2 cup  
SUSHI RICE



2 Tbsps  
BUTTER



1/4 cup  
RICE FLOUR



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



1 Tbsp  
WEEKNIGHT  
HERO SPICE  
BLEND\*

### Did You Know?

*This premium, vibrant red spice is made from the hand-picked stigmas of the purple crocus flower.*

\*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](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.



### 1 Make the kale rice:

- Wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- In a medium pot, combine the **rice, saffron, a big pinch of salt, and 1 cup of water**. Heat to boiling on high.
- Once boiling, place the **chopped kale** on top of the rice. Reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and stir to combine.



### 2 Coat & cook the fish:

- Meanwhile, on a large plate, combine the **flour and spice blend**.
- Pat the **fish** dry with paper towels. Season on both sides with salt and pepper.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour** (shaking off any excess flour).
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the coated fish. Cook 2 to 3 minutes per side, or until browned and cooked through.\*\*
- Leaving any browned bits (or fond) in the pan, transfer to a separate plate.



### 3 Make the sauce:

- Meanwhile, quarter and deseed the **lemon**.
- To the pan of reserved fond, add **the juice of 2 lemon wedges, 1 tablespoon of water, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook on **medium**, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until combined and the liquid is slightly reduced.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



### 4 Finish the kale rice & serve your dish:

- To the pot of **cooked kale rice**, stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** over the **finished kale rice**. Top the fish with the **sauce**. Serve with the **remaining lemon wedges** on the side. Enjoy!

\*\*An instant-read thermometer should register 145°F.



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 600, Total Carbohydrates: 55g, Dietary Fiber: 4g, Added Sugar: 0g, Total Fat: 27g, Saturated Fat: 13g, Protein: 33g, Sodium: 680mg.

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.

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