



## Oven Skillet Pollock

with Bulgur, Kale, and Almonds



20-30min



2 Servings

There's more to a one-pan dish than convenience alone: when grains, fish, and leafy greens all cook in the same pan, the grains absorb the rich flavors. Bulgur's rough edges are perfect for catching the sauce and it crisps up nicely against the hot pan. Toasted almonds add texture, but the real secret to this recipe is a generous drizzle of olive oil for a luxurious finish. Cook, relax, and enjoy!



## What we send

- lemon
- fresh thyme
- curly kale
- garlic

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 704.0kcal, Fat 36.9g, Proteins 39.7g, Carbs 59.2g



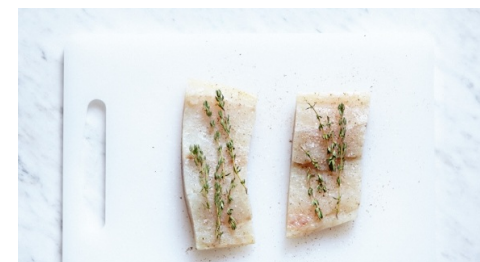
### 1. Prep ingredients

Preheat oven to 400°F. Strip **kale leaves** from stems, discard stems, then tear leaves into large pieces; wash and dry well. Peel and finely chop **2 large cloves garlic**.



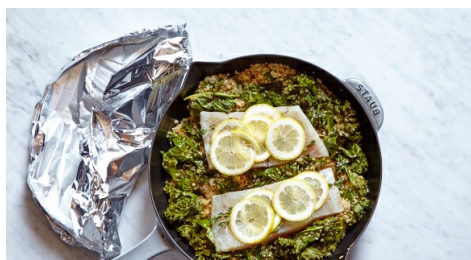
### 2. Make bulgur

In a large bowl, combine **kale, garlic, bulgur, ½ cup water, ¼ cup oil, 1 teaspoon salt**, and **¼ teaspoon pepper**. Spread in an even layer on the bottom of a large ovenproof skillet. Cover skillet with foil and bake 13-15 minutes.



### 3. Prep fish

Meanwhile, season **pollock** all over with **½ teaspoon salt** and **several grinds pepper** (you may have multiple fillets). Lay **half the thyme sprigs** on top of pollock fillets.



### 4. Assemble

Thinly slice **half the lemon** (reserve other half for step 6). Remove skillet from oven and remove foil. Stir **bulgur mixture** and place **pollock** on top. Top pollock with **lemon slices**. Replace foil.



### 5. Bake fish

Return skillet to oven and bake until **bulgur** is tender and **pollock** is cooked through, 8-10 minutes.



### 6. Serve

Meanwhile, place **almonds** on a rimmed baking sheet and toast in the oven until golden and fragrant, 3-5 minutes (watch closely). Cut **remaining lemon half** into wedges. Remove foil from skillet and drizzle with **olive oil**. Sprinkle with **toasted almonds** and serve with **lemon wedges** for squeezing over. Enjoy!