



Cod Cakes with Homemade Remoulade

& Herbed Salad



40-50min



2 Servings

Move over crab cakes—it's cod's time to shine! Protein rich cod combines with a sweet, textured mixture of mayo, mustard, panko, and lemon zest to bind it all together. Dip each savory bite of cod cake in a creamy remoulade with chopped pickles, shallot, and capers for briny zip. A simple vinaigrette tops crunchy romaine leaves for a refreshing salad to complement the flavor-packed cod cakes.

What we send

- 10 oz pkg cod filets ⁴
- 1 shallot ¹⁷
- 1 oz capers ¹⁷
- 3¼ oz dill pickles
- ¼ oz fresh dill
- 1 lemon
- 1 romaine heart
- 1 oz panko ¹
- 2 (¼ oz) Dijon mustard
- 2 oz mayonnaise ^{3,6}

What you need

- sugar
- olive oil
- kosher salt & ground pepper
- 1 large egg yolk ³
- unsalted butter ⁷

Tools

- microwave
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 62g, Carbs 27g, Protein 33g



1. Cook cod

Pat **cod** dry. Place on a microwave-safe plate; cover with plastic wrap. Microwave until cod is barely opaque and just able to flake, 1-3 minutes (check every 15 seconds after 1 minute as microwaves vary). Refrigerate while prepping remaining ingredients.



4. Make remoulade

In a small bowl, combine **mayonnaise** and **remaining mustard**; transfer **1 tablespoon** to a large bowl and set aside.

Gradually whisk **2 tablespoons oil** into remaining mixture. Stir in **pickles, 1 tablespoon each of shallot and capers, and 1 teaspoon each of lemon juice and dill**; set aside.



2. Prep ingredients

Finely chop **shallot, capers, half of the pickles** (save rest for own use), and **dill fronds and tender stems**, keeping ingredients separate.

Finely grate **zest of ½ the lemon**; squeeze **1 tablespoon plus 1 teaspoon lemon juice**. Cut remaining lemon into wedges. Separate **lettuce leaves**, tearing any large leaves in half.



5. Make cod cakes

Into large bowl with **reserved mayo-mustard mixture**, add **panko, lemon zest, 1 large egg yolk, and remaining shallot, capers, and dill**.

Flake **cod** in large pieces into bowl; season to taste with **salt and pepper**. Gently mix until combined, keeping cod in relatively large flakes. Using wet hands, divide mixture into 4 (¾-inch) thick cakes.



3. Make vinaigrette

In a small bowl, whisk together **half of the mustard, 1 tablespoon each of shallot and lemon juice, and 1 teaspoon each of dill and sugar**.

Gradually whisk in **3 tablespoons oil**; season to taste with **salt and pepper**.



6. Cook & serve

In a medium nonstick skillet, heat **1 tablespoon each of oil and butter** over medium heat. Add **cod cakes** and cook until golden-brown, 3-4 minutes per side; transfer to a plate. In a large bowl, toss **lettuce** with **vinaigrette**; season to taste with **salt and pepper**.

Serve **cod cakes** with **tartar sauce, lemon wedges, and salad**. Enjoy!