

# MARLEY SPOON



## Slow Roasted Cod & Chili-Sumac Vinaigrette

with Potatoes & Kale



1h



2 Servings

When cod fillets slowly roast at a low temperature, the flesh stays moist and turns meltingly tender. Alongside are roast potatoes and kale that crisp in the hot oven. A flavor-packed vinaigrette with citrusy sumac, spicy gochugaru flakes, briny capers, and hot honey-mustard make this cozy dinner a special occasion that's easy enough for any night of the week.



## What we send

- 2 Yukon gold potatoes
- 1 bunch curly kale
- 1 shallot
- 1 oz capers <sup>17</sup>
- ¼ oz gochugaru flakes
- ¼ oz sumac
- ½ oz whole-grain mustard <sup>17</sup>
- ½ oz Mike's Hot Honey
- 10 oz pkg cod filets <sup>4</sup>
- ½ oz fresh parsley

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

## Tools

- rimmed baking sheet
- small saucepan

## Allergens

Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 760kcal, Fat 44g, Carbs 57g, Protein 34g



### 1. Roast potatoes

Preheat oven to 450°F with a rack in the center.

Scrub **potatoes**; cut into ¾-inch pieces. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on center oven rack until browned, 15-20 minutes.

Strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces.



### 4. Roast kale

Add **kale** to baking sheet with **potatoes**. Roast on center oven rack until kale is wilted and crisp in some spots, 8-10 minutes. Remove from oven. Lower oven temperature to 250°F.

Pat **cod** dry and lightly rub with **oil**; season all over with **salt** and **pepper**. Arrange, skin-side down, in center of baking sheet with kale and potatoes.

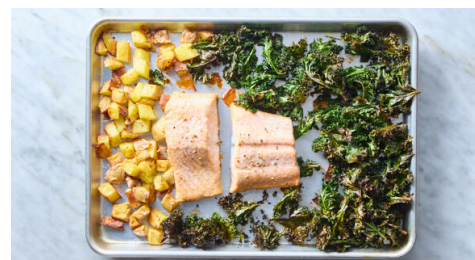


### 2. Prep ingredients

In a large bowl, massage **kale** with **1 tablespoon oil** and **salt** and **pepper** to taste until well-coated; set aside.

Thinly slice **shallot**. Pat **capers** dry. To a small heatproof bowl, add **gochugaru** and **1 ½ teaspoons sumac**.

In a small saucepan, combine capers and half the shallots with **½ cup oil**. Cook over high heat, stirring frequently, until shallots begin to bubble.



### 5. Roast cod

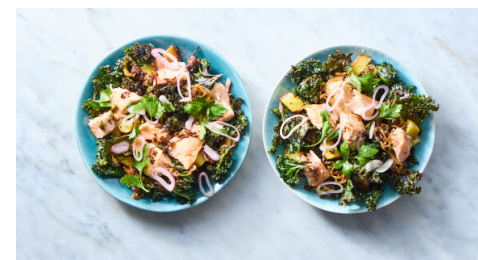
Roast on center oven rack until **cod** is opaque and flakes easily when pressed, 15-25 minutes.



### 3. Make vinaigrette

Lower heat to medium and continue cooking **shallots**, stirring frequently, until light golden brown, 8-10 minutes. Immediately pour over **gochugaru-sumac mixture**. Set aside until cooled to room temperature.

Once cooled, stir in **mustard**, **hot honey**, and **2 tablespoons vinegar**; season to taste with **salt** and **pepper**.



### 6. Finish & serve

Pick **parsley leaves** from stems; discard stems. In a small bowl, toss to combine **parsley**, **remaining shallots**, and a **splash each of vinegar and oil**.

Serve **cod**, **kale**, and **potatoes** with **chili-sumac vinaigrette** and **parsley and shallots** over top. Enjoy!