

MARLEY SPOON



Broiled Cod & Chermoula Sauce

with Bulgur & Jammy Tomatoes

 30-40min  2 Servings

We're drawing inspiration from North African cuisine for tonight's dinner! Cod broils alongside tomatoes, a cooking method that results in a smoky char on the fillets, and jammy, sweet tomatoes. We amp up the flavors with chermoula, a Moroccan condiment made with cumin seeds, chiles, cilantro, lemon, and oil.

What we send

- 2 tomatoes on the vine
- 1 Fresno chile
- garlic
- 10 oz pkg cod filets ⁴
- ¼ oz cumin seeds
- 4 oz quick-cooking bulgur ¹
- ¼ oz fresh cilantro
- ¼ oz fresh parsley
- 1 lemon
- ¼ oz smoked paprika

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

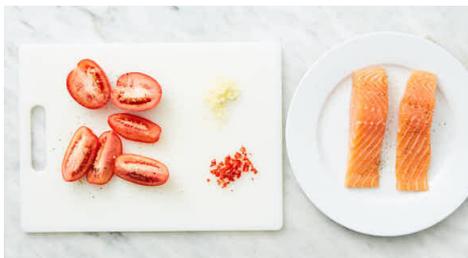
- small saucepan
- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 38g, Carbs 47g, Protein 34g



1. Prep ingredients

Preheat broiler with racks in the top and center. Halve **tomatoes** (quarter, if large); sprinkle cut sides with **salt** and **pepper**. Halve **Fresno chile** (remove seeds, if desired), then finely chop half (save rest for own use). Finely chop **2 teaspoons garlic**.

Pat **cod** dry and season all over with **salt** and **pepper**.



4. Make chermoula sauce

Finely chop **cilantro and parsley leaves and tender stems**.

Finely grate **1 teaspoon lemon zest** and squeeze **1½ tablespoons lemon juice** into bowl with **cumin seeds**. Stir in **cilantro and parsley, Fresno chiles, remaining chopped garlic**, and **¼ teaspoon sugar**. Season to taste with **salt** and **pepper**.



2. Toast cumin seeds

Transfer **1½ teaspoons cumin seeds** to a small saucepan; set over medium heat and toast until fragrant, about 30 seconds. Transfer to a small bowl and add **3 tablespoons oil**.



5. Broil cod & tomatoes

In a small bowl, combine **1 teaspoon each of oil and paprika** and **a pinch of sugar**.

Transfer **tomatoes**, cut side up, to one side of a rimmed baking sheet. Add **cod** to other side. Rub **paprika oil** over tomatoes and cod. Broil on center oven rack until cod is opaque and flaky and tomatoes have softened, 5-7 minutes (watch closely as broilers vary).



3. Cook bulgur

Heat **2 teaspoons oil** in same saucepan over medium-high. Add **bulgur** and cook, stirring, until lightly toasted, 1-2 minutes. Add **1¼ cups water, half of the chopped garlic**, and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender and water is absorbed, about 12 minutes. Keep covered until ready to serve.



6. Finish & serve

Cut **any remaining lemon** into wedges. Stir **1 tablespoon oil** into **bulgur** and season to taste with **salt** and **pepper**.

Serve **cod** and **tomatoes** over **bulgur**. Drizzle **chermoula sauce** over top and serve with **any lemon wedges**. Enjoy!