

MARLEY SPOON



Summer Big Batch: Cioppino with Tilapia,

Shrimp, Fennel, Tomatoes, & Toasted Ciabatta



40-50min



2 Servings

What we send

- 10 oz pkg shrimp ²
- 10 oz pkg tilapia ⁴
- 1 bulb fennel
- 1 yellow onion
- garlic
- ¼ oz dried oregano
- 2 (14½ oz) cans whole peeled tomatoes
- ¼ oz hondashi ⁴
- ½ oz fish sauce ⁴
- 1 pkt seafood broth concentrate ^{2,4}
- 2 ciabatta rolls ¹
- ½ oz fresh parsley
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot

Allergens

Wheat (1), Shellfish (2), Fish (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal



1. Prep ingredients

Finely chop onion and half the fennel (save remaining fennel for personal use). Finely chop 3 large garlic cloves.



2. Cook vegetables

In a medium pot, heat ¼ cup oil over medium heat. Add chopped onion and fennel and a pinch of salt. Cook, stirring occasionally, until vegetables are softened and translucent, 5-7 minutes. Add garlic and 1 teaspoon oregano; cook until fragrant, about 1 minute.



3. Simmer broth

To pot, add tomatoes, broth concentrate, hondashi, 1½ teaspoons fish sauce, and 3 cups water; squeeze in 1½ tablespoons lemon juice. Bring to a simmer over medium-high heat then cover and reduce heat to low. Simmer broth for 10 minutes, pressing on tomatoes with wooden spoon occasionally to crush.



4. Prep seafood

Meanwhile, pick parsley leaves from stems and finely chop; discard stems. Rinse shrimp, then pat dry. Pat fish dry; cut into 1½-inch pieces.



5. Toast bread

Preheat oven to broil with a in the top position. Split ciabatta crosswise and drizzle cut sides with oil; season with salt and pepper. Broil directly on top oven rack cut side up until ciabatta is lightly toasted and golden brown on the edges, 1-3 minutes (watch closely as broilers vary). Rub cut sides of bread with 1 large garlic clove. Cut bread in half.



6. Cook seafood; serve

Season broth to taste with salt and pepper. Stir fish and shrimp into broth. Simmer uncovered on low heat until fish and shrimp are just cooked through, 4-6 minutes.

Cut remaining lemon into wedges. Ladle seafood and broth into bowls; sprinkle over parsley. Serve cioppino with toasted bread, lemon wedges, and an additional drizzle of oil if desired. Enjoy!