

# MARLEY SPOON



## **?** Low-Carb Pesce All'Acqua Pazza

with Barramundi, Tomatoes & Parsley

 30-40min  2 Servings

You've gotta hand it to the Italians for a recipe name like "fish in crazy water"- what's more fun than that? Our version reimagines the brothy fish with the help of Japanese ingredients to bring flavor and depth. Garlic, shallots, and grape tomatoes simmer in hondashi and mirin for a kick of umami. Tender filets of barramundi poach in the savory broth while garlic-rubbed ciabatta toasts in the oven to soak up every last drop.

## What we send

- 1 shallot
- garlic
- 2 (4 oz) grape tomatoes
- ¼ oz fresh parsley
- 10 oz pkg salmon filets <sup>1</sup>
- 1 pkt crushed red pepper
- 1 oz mirin
- ¼ oz hondashi <sup>1</sup>
- 1 ciabatta roll <sup>2,3</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

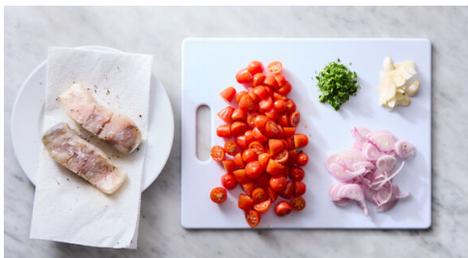
- medium skillet with lid
- rimmed baking sheet

## Allergens

Fish (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 480kcal, Fat 22g, Carbs 40g, Protein 33g



### 1. Prep ingredients

Preheat oven to broil with a rack 6-inches from heat source.

Thinly slice **shallot** and **2 garlic cloves**. Halve **tomatoes**. Pick **parsley leaves from** stems and finely chop leaves, discarding stems.

Pat **fish** dry; season all over with **salt** and **pepper**.



### 4. Poach fish

Add **fish**, skin side down, to skillet and spoon some **broth and tomatoes** over filets. Reduce heat to low, cover, and simmer until fish is opaque and just cooked through, 4-7 minutes (fish should register at least 135°F at thickest point).



### 2. Cook aromatics

In a medium skillet, combine **shallots** and **2 tablespoons oil**. Cook over medium heat, stirring frequently, until shallots are softened but not browned, 3-4 minutes. Add **garlic** and **crushed red pepper**; cook until softened, 1-2 minutes.



### 5. Toast bread

Meanwhile, drizzle **cut sides of bread** with **oil**. Transfer bread to a rimmed baking sheet and broil, cut side up, until golden brown, 2-3 minutes (watch carefully as broilers vary). While bread is warm, rub toasted sides with **1 halved garlic clove**.



### 3. Simmer broth

Add **tomatoes** to skillet; season with **salt** and **pepper**. Cook, stirring frequently, until tomatoes begin to soften, 2-3 minutes. Add **mirin**, **1 teaspoon hondashi**, and **1 cup water**. Bring to a simmer over high heat, then reduce heat to medium and simmer for 5 minutes.



### 6. Finish & serve

Divide **fish** between serving bowls (remove and discard skin, if desired). Stir **parsley** into **broth** and season to taste with **salt** and **pepper**. Spoon **broth over fish** and drizzle with **oil**, if desired. Serve with **bread** alongside. Enjoy!