



Pollock in Tomato Broth

with Couscous, Almonds & Currants



20-30min



2 Servings

We've been writing recipes professionally for a long time. Sometimes we dig into our archives to revisit some of the old hits and this simple seafood stew is one of our favorites. Garlic, fennel seed, and crushed red pepper lay the foundation for a quick tomato broth. It's one of our go-to dishes to entertain with: whip up the flavorful base and poach the fish just before serving. Cook, relax, ...

What we send

- garlic
- crushed red pepper
- fennel seeds
- canned cherry tomatoes
- scallions
- dried currants

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660.0kcal, Fat 22.8g, Proteins 39.6g, Carbs 59.0g



1. Make couscous

Bring **½ cup water** and a **pinch of salt** to a boil in a small saucepan. Add **couscous**, stir, and cover. Remove from heat and set aside to steam until liquid is absorbed, 5 minutes. Fluff with a fork and keep covered until ready to serve.



4. Cook pollock

While **broth** simmers, pat **pollock** dry. Cut into 1-inch pieces and season with **½ teaspoon salt** and a **few grinds of pepper**. Add pollock and **currants** to broth, cover, and cook 5 minutes. Uncover, and stir, then cover again and cook until fish is cooked through, 5 minutes more.



2. Sauté aromatics

Peel and thinly slice **2 large cloves garlic**. Heat **2 tablespoons oil** in a medium pot over medium-high. Add garlic and cook, stirring, until fragrant, about 1 minute. Add **fennel seed** and **crushed red pepper**, and cook, stirring, until fragrant, about 1 minute.



5. Prep garnishes

Roughly chop **almonds**. Trim ends from **scallions** and thinly slice.



3. Add tomatoes & simmer

Add **tomatoes**, **1 cup water**, and **1 teaspoon salt** and bring to a simmer, breaking tomatoes up with a spoon. Simmer, stirring occasionally, until slightly reduced, about 10 minutes.



6. Finish & serve

Season **broth** to taste with **salt** and **pepper**. Serve **fish** and broth over **couscous**, topped with **almonds** and **scallions**. Enjoy!