



Smoky Cod Tostadas

with Romaine Slaw & Garlic Yogurt



20-30min



2 Servings

Smoked paprika is a powerhouse of a spice—made from ground sweet red chiles that have been roasted and dried for hours over oak flames. Despite its vibrant red hue, the heat level is mild, almost sweet. For this tostada, cod is coated with the spice to add a layer of smokiness, and is served on top of toasted tortillas with crisp radishes, romaine, and a creamy yogurt sauce.

What we send

- garlic
- 1 plum tomato
- ¼ oz fresh cilantro
- 4 oz Greek yogurt ⁷
- 1 romaine heart
- 2 oz red radishes
- 6 (6-inch) corn tortillas
- 10 oz cod fillets ⁴
- ¼ oz smoked paprika

What you need

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

Tools

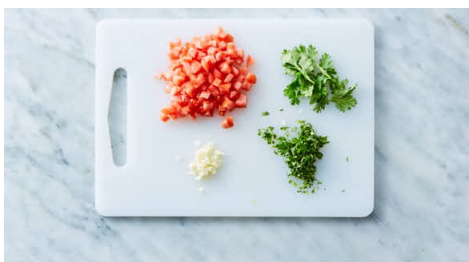
- rimmed baking sheet
- medium nonstick skillet

Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 42g, Carbs 53g, Proteins 38g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Finely chop **½ teaspoon garlic**. Core **tomato**, then finely chop. Pick **2 tablespoons cilantro leaves** from **stems** and set aside for serving; finely chop remaining leaves and stems.



4. Bake tortillas

Arrange **tortillas** on a rimmed baking sheet. Drizzle tortillas generously with **oil** on both sides, then sprinkle with **salt**. Bake on center oven rack until crisp and browned in spots, flipping tortillas halfway through baking, 8-12 minutes (watch closely as ovens vary).



2. Season yogurt & salsa

Stir **¼ teaspoon of the chopped garlic** directly into **Greek yogurt** container; season to taste with **salt** and **pepper**. In a small bowl, combine **tomatoes, chopped cilantro, remaining chopped garlic, 2 teaspoons oil**, and **1 teaspoon vinegar**; season to taste with **salt** and **pepper**.



5. Cook cod

Pat **cod** dry, then cut into 1-inch pieces. In a medium bowl, combine **1 tablespoon oil** and **1 teaspoon smoked paprika**; season with **salt** and **pepper**. Add cod to bowl, and toss to coat. Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Working in batches, add cod, and cook until lightly browned all over and cooked through, 2-3 minutes.



3. Prep slaw

Thinly slice **romaine** crosswise, discarding stem end. Halve and thinly slice **radishes**. In a medium bowl, combine **2 tablespoons oil, 1 tablespoon of the garlic yogurt, 2 teaspoons vinegar, a pinch each of sugar and salt**, and **a few grinds of pepper**. Add romaine and radishes, but do not toss until ready to serve.



6. Finish & serve

Use a slotted spoon or spatula to transfer **cod** to a paper towel-lined plate; sprinkle with **salt**. Toss **lettuce and radishes** with **dressing**. Spoon **yogurt** onto **tortillas** and top with **cod, some of the slaw and salsa**, and **whole cilantro leaves**. Serve **remaining salsa and slaw** on the side. Enjoy!