

MARLEY SPOON



Bourride Provençal Fish Stew

with Aioli & Crispy Croutons

 40-50min  2 Servings

Bourride is a traditional fish stew originating from Provence, a region in southeastern France. Our version features cod, leeks, potatoes, and fresh tomatoes simmered in a savory seafood broth. Before serving, we slowly whisk garlicky aioli into the broth, which adds a decadent creaminess. Crispy homemade croutons on top add the perfect crunch. It's a restaurant-worthy meal, and it's simply delicious!

What we send

- 1 Portuguese roll ²
- 7 oz leek
- 1 potato
- 1 plum tomato
- garlic
- 10 oz pkg cod filets ³
- 1 oz mayonnaise ^{1,4}
- 1 lemon
- 1 pkt seafood broth concentrate ^{3,5}
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper
- 2 egg yolks ¹

Tools

- wire rack
- rimmed baking sheet
- medium (10") skillet
- microplane or grater

Allergens

Egg (1), Wheat (2), Fish (3), Soy (4), Shellfish (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 70g, Carbs 47g, Protein 36g



1. Bake croutons

Preheat oven to 350°F with a rack in the center. Thinly slice **roll** crosswise into ¼-inch thick rounds; lightly brush both sides of each round with **oil**, then transfer to a wire rack set inside a rimmed baking sheet. Bake on center oven rack until croutons are golden brown and crisp, 10-15 minutes (watch closely as ovens vary). Remove from oven and set aside until step 6.



4. Cook potatoes & cod

Stir **chopped garlic** into skillet with **leeks** and cook until fragrant, about 1 minute. Add **potatoes, seafood broth concentrate, and 1 ½ cups water**. Bring to a boil. Cover and simmer over medium heat until potatoes are tender, 7-9 minutes. Add **cod and tomatoes**; cover, and simmer until cod is just cooked through, 2-3 minutes. Use a slotted spoon to transfer cod to a plate.



2. Prep ingredients

While **croutons** bake, halve **leek** lengthwise, then rinse under running water to remove any grit; pat dry and finely chop half (save rest for own use). Peel **potato**, then cut into ¼-inch pieces. Core **tomato**, then cut into ¼-inch pieces. Finely chop **1 teaspoon garlic**. Pat **cod** dry, then cut each filet into 4 pieces; season all over with **salt and pepper**.



5. Add aioli

Transfer **2 tablespoons aioli** (reserve remaining aioli for step 6) to a medium bowl and add **2 egg yolks**. Slowly whisk in **½ cup of the hot broth** into egg yolk mixture, then return to skillet. Stir constantly over medium-low heat until sauce thickens slightly, 4-6 minutes (do not boil). Remove from heat. Squeeze in **2 teaspoons lemon juice**; season to taste with **salt and pepper**.



3. Cook leeks & make aioli

Heat **3 tablespoons oil** in a medium skillet over medium. Add **chopped leeks** and **a pinch of salt**. Reduce heat to medium-low; cook, stirring, until leeks are very tender, 8-10 minutes.

In a small bowl, combine **mayonnaise** and **½ teaspoon each of finely grated garlic, lemon zest, and lemon juice**. Slowly whisk in **¼ cup oil**; season aioli to taste with **salt and pepper**.



6. Finish & serve

Return **cod** to skillet; gently turn to warm fish through and coat in **sauce**. Pick and finely chop **parsley leaves**; discard stems. Cut **any remaining lemon** into wedges.

Spoon **fish stew** into bowls; top with **parsley** and **a drizzle oil**, if desired. Serve **fish stew** with **croutons, reserved aioli, and any lemon wedges** alongside. Enjoy!