



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, green onions, 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 ⁵
- 1 bunch scallions
- 1 potato
- 1 plum tomato
- garlic
- 10 oz pkg cod filets ²
- 1 oz mayonnaise ^{1,4}
- 1 lemon
- 1 pkt seafood broth concentrate ^{2,3}
- 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), Fish (2), Shellfish (3), Soy (4), Wheat (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 **scallions** and cook until fragrant, about 1 minute. Add **potatoes, seafood broth concentrate**, and **1½ 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, thinly slice **scallions**. Peel **potato**, then cut into ¼-inch pieces. Core **tomato**, then 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 scallions

Heat **3 tablespoons oil** in a medium skillet over medium. Add **scallions** and a **pinch of salt**. Reduce heat to medium-low; cook, stirring, until scallions are very tender, 6–10 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!