MARLEY SPOON

Summertime! Cioppino with Tilapia & Shrimp

Fennel, Tomatoes & Toasted Ciabatta

40-50min 2 Servings

Though cioppino was inspired by southern Italian seafood stews, it originated in San Fransisco. Each fisherman would bring in their catch of the day, then they'd get together and cook them up in a savory tomato broth to share with the whole wharf. In our version, you don't need to catch the fish yourself, but you certainly should enjoy it with toasty ciabatta for sopping up every last bite. (2p serves 4; 4p serves 8)

What we send

- 1 yellow onion
- 1 bulb fennel
- garlic
- ¼ oz dried oregano
- 2 (14½ oz) cans whole peeled tomatoes
- 1 pkt seafood broth concentrate [1,2]
- ¼ oz hondashi [1]
- ½ oz fish sauce [1]
- 1 lemon
- ½ oz fresh parsley
- 10 oz pkg shrimp [2]
- 10 oz pkg tilapia [1]
- 2 ciabatta rolls [3,4]

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot

Allergens

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

Nutrition per serving

Calories 420kcal, Fat 18g, Carbs 41g, Protein 32g

1. Prep ingredients

Finely chop **onion**. Finely chop **half of the fennel** (save rest for own use). Mince **3 large garlic cloves**.

2. Sauté vegetables

In a medium pot, heat **¼ cup oil** over medium. Add **chopped onion and fennel** and season with **salt**. Cook, stirring occasionally, until vegetables are softened and translucent, 5–7 minutes. Add **garlic** and **1 teaspoon oregano**; cook until fragrant, about 1 minute.

3. Simmer broth

To pot, add **tomatoes, broth concentrate, hondashi, 1½ teaspoons fish sauce, 1½ tablespoons lemon juice**, and **3 cups water**. Bring to a simmer over medium-high heat, then cover and reduce heat to low. Simmer **broth** for 10 minutes, pressing on tomatoes with a wooden spoon occasionally to crush.

4. Prep seafood

Meanwhile, finely chop **parsley leaves**; discard stems. Rinse **shrimp**, then pat dry. Pat **fish** dry; cut into 1½-inch pieces.

5. Toast bread

Preheat oven to broil with a rack 6 inches from the heat. Split **ciabatta** crosswise and drizzle cut sides with **oil**; season with **salt** and **pepper**. Broil directly on top oven rack, cut side up, until ciabatta is lightly toasted and golden brown on the edges, 1–3 minutes (watch closely as broilers vary). Rub cut sides of bread with **1 large garlic clove**. Cut ciabatta in half.

6. Cook seafood; serve

Season **broth** to taste. Stir **fish** and **shrimp** into broth. Simmer, uncovered, over low heat until fish and shrimp are just cooked through, 4–6 minutes.

Cut **remaining lemon** into wedges. Ladle **seafood and broth** into bowls; sprinkle with **parsley**. Serve **cioppino** with **toasted bread, lemon wedges**, and **an additional drizzle of oil**, if desired. Enjoy!