



Cod & Orange Braised Fennel

with Parmesan Asparagus Fries



30-40min



2 Servings

Orange and fennel is a winner combination, and it's even better when paired with flaky cod. Asparagus get coated in cheesy breadcrumbs and roast in the oven until crispy. They turn into an elegant side of asparagus "fries," without any deep frying. Make sure to spoon any extra sauce onto the fish—it's delicately sweet, with just a hint of butter. Cook, relax, and enjoy!

What we send

- navel orange
- asparagus
- fennel

What you need

- 1 large egg
- all-purpose flour¹
- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large ovenproof skillet
- rimmed baking sheet

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

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570.0kcal, Fat 18.8g, Proteins 51.7g, Carbs 43.5g



1. Prepare breading

Preheat oven to 425°F. Grate parmesan cheese. Whisk 1 egg in a shallow bowl or tray. Place 1/4 cup flour in another shallow bowl. In a large bowl, combine Panko and Parmesan; season with salt and pepper, to taste.



2. Bread asparagus

Working in batches, coat asparagus in flour, dip into egg, then coat in panko mixture, pressing to coat.



3. Bake fries

Place asparagus in a single layer onto a rimmed baking sheet. Place into oven and bake for 15-17 minutes, or until golden brown and crisp. Season with salt. Leave oven on.



4. Cook fennel

Meanwhile, juice orange. Slice fennel through the core into 1/2 inch pieces. Melt butter in a large oven proof skillet with 1 teaspoon oil. Add fennel slices and brown on each side, 5 minutes total. Add orange juice and simmer until slightly reduced, about 2 minutes. Season with 1/2 teaspoon salt.



5. Bake fish

Season fish with salt and pepper. Flip fennel in skillet then place fish on top. Tent with foil and bake in oven until fish is just cooked through, 7-9 minutes.



6. Finish

Remove fish from oven and spoon sauce several times over fish to baste. Place fennel on plates. Top with fish and sauce and serve with fries. Enjoy!