



Prosciutto-Wrapped Cod

with Braised Leeks & Lentil Ragout



1h



2 Servings

Take a seat at our Premium table! Cancel your dinner reservation—the best dish in town is right at home. The star of this meal is flaky cod wrapped in prosciutto, baked over tender leeks in a buttery, lemony broth. Then fill up your plate with a wholesome lentil ragout, stewed with more prosciutto and seasoned with fresh parsley and tarragon. Who needs restaurants when you can make a meal this good in your very own kitchen?

What we send

- 7 oz leek
- 1 shallot
- 1 carrot
- garlic
- 1 lemon
- 10 oz pkg cod filets ⁴
- 2 oz prosciutto
- 3 oz French green lentils
- 2 pkts chicken broth concentrate
- ¼ oz fresh parsley
- ¼ oz fresh tarragon

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

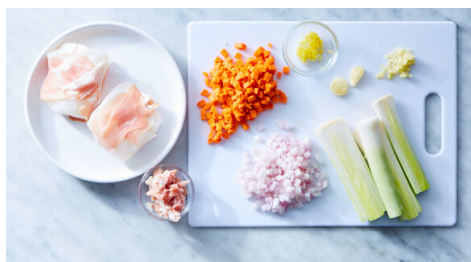
- microplane or grater
- medium saucepan
- medium nonstick ovenproof skillet

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 37g, Carbs 50g, Protein 49g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center.

Halve **leek** lengthwise. Rinse under running water; pat dry. Finely chop **shallot**. Scrub **carrot**; finely chop. Finely chop **1 large garlic clove**; crush **2 large cloves**. Zest **half the lemon**. Pat **cod** dry; season with **salt** and **pepper**. Wrap each filet with **1 sheet of prosciutto**; finely chop remaining.



4. Brown cod & leeks

Heat a medium nonstick ovenproof skillet over medium-high. Lightly brown **cod** on both sides, 2-4 minutes; transfer to a plate.

Add **1 tablespoon oil**, **crushed garlic**, and **leeks**, cut-side down. Cook, pressing occasionally on leeks, until golden brown, 2-4 minutes. Flip leeks; season with **salt** and **pepper**.



2. Start lentil ragout

Combine **chopped prosciutto** and **1 tablespoon oil** in a medium saucepan. Cook over medium-high heat, stirring frequently, until browned and crisp, about 3 minutes. Add **shallots**, **carrots**, and **chopped garlic**; lower heat to medium. Cook, stirring occasionally, until softened, 4-5 minutes. Add **lentils**, **1 broth packet**, and **1½ cups water**; bring to a boil.



5. Bake cod & leeks

Add **1 cup water**, **remaining broth**, **1 teaspoon lemon juice**, and **2 tablespoons butter**. Bring to a boil. Bake on center oven rack, 10 minutes.

Position **leeks** in center of skillet; place **cod** on top to sit above the liquid. Bake until leeks are completely tender and cod flakes when gently prodded with a paring knife and registers 135°F, 8-12 minutes. Transfer cod and leeks to a plate.



3. Finish lentil ragout

Simmer **lentils** over medium-low heat until just tender but not falling apart, 15-18 minutes. Reserve **2 tablespoons cooking water**; drain.

Return lentils to saucepan off heat with **reserved cooking water** and **1 tablespoon butter**; stir until coated in a creamy glaze. Season with **salt**, **pepper**, and **lemon juice** to taste. Cover to keep warm.



6. Finish sauce & serve

Pick **parsley** and **tarragon leaves** from stems; finely chop. Heat skillet over high until **liquid** reduces to a thick, glossy **sauce**, 1-2 minutes. Stir in **lemon zest**, **2 tablespoons chopped herbs**, and **1 teaspoon lemon juice**. Stir **remaining herbs** into **lentils**.

Serve **cod** and **leeks** over **lentils**; drizzle with **sauce**. Enjoy!