



Creamy Leek & Cod Bake

with Swiss Chard



30-40min



2 Servings

We like to pack in a lot of flavors and textures into our one-skillet meals, and for this meal we chose flaky cod, Swiss chard, and a tarragon breadcrumb topping. Swiss chard, a highly nutritious leafy green, is particularly delicious when cooked in a creamy sauce alongside fish and soft leeks. And we couldn't resist a golden buttery crust. Cook, relax, and enjoy!

What we send

- fresh tarragon
- leek
- large clove garlic
- swiss chard
- Dijon mustard ¹⁷

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- ovenproof skillet

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

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 31g, Carbs 28g, Proteins 45g



1. Make breadcrumbs

Preheat oven to 425°F. Pick tarragon leaves from stems and roughly chop leaves (2 tablespoons). Melt ½ of the butter in an ovenproof skillet over medium-high heat. Add panko and 1 tablespoon tarragon; season with salt and pepper. Cook, stirring, until golden, 2-3 minutes. Transfer to a plate and wipe skillet clean.



4. Prep fish

Meanwhile, cut cod into 1-inch pieces. Season with 1 teaspoon salt and a few grinds of pepper.



2. Prep ingredients

Remove root end from leek, slice in half lengthwise, and finely slice rest. Rinse in a bowl of cold water and remove from water leaving grit behind. Peel and finely chop garlic. Remove stems from swiss chard, halve lengthwise if thick, and finely slice. Roll up leaves and cut into 1-inch wide ribbons.



5. Combine

Add cod, remaining tarragon, sour cream, mustard and ½ cup water to the skillet, stir to combine, and bring to a boil.



3. Cook vegetables

Melt remaining butter in the skillet over medium-high heat. Add leek, garlic, and swiss chard stems. Season with salt and pepper and cook until softened, about 5 minutes. Add chard leaves and stir to wilt, about 2 minutes.



6. Bake

Top with the breadcrumbs and transfer skillet to the oven. Bake until fish is cooked through, 10-12 minutes. Enjoy!