



Tomato-Poached Fish

with Chili Oil, Shallots & Herbs



20-30min



4 Servings

Delicate cod is perfect for poaching, especially when slowly simmered in a flavorful poaching liquid scented with chili oil, shallots, and garlic. Roasted red peppers and corn add a double dose of natural sweetness; fresh cilantro and a squeeze of lime make for a bright finish. If you're not a fan of heat, reserve the crushed red pepper to use as an optional garnish, rather than simmering it in the sauce.

What we send

- garlic
- 1 shallot
- 14 oz whole peeled tomatoes
- ½ oz fresh cilantro
- 2 (10 oz) pkgs cod fillets ⁴
- 4 oz roasted red peppers
- 1 pkt crushed red pepper
- 10 oz corn
- 1 lime
- 12 (6-inch) flour tortillas ¹

What you need

- kosher salt & ground pepper
- neutral oil, such as vegetable

Tools

- medium Dutch oven or pot with lid

Allergens

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

Nutrition per serving

Calories 670kcal, Fat 36g, Carbs 56g, Proteins 35g



1. Prep ingredients

Thinly slice **2 large garlic cloves**. Thinly slice about **¾ cup shallot**, then separate into rings. Using kitchen shears, coarsely chop **tomatoes** directly in the cans. Coarsely chop **cilantro stems and leaves** together.



4. Make sauce

Return same pot to medium-high heat. Add **tomatoes and their liquid**. Bring to a boil. Reduce heat to medium and cook until liquid is nearly evaporated, about 5 minutes (this will concentrate the flavor). Stir in **sliced roasted peppers** and **corn**.



2. Prep cod & roasted pepper

Pat **cod** dry, then season with **salt** and **pepper**. Pat **roasted peppers** dry, then cut into thin strips.



5. Poach fish

Add **½ cup water** to saucepan and season to taste with **salt** and **pepper**. Bring to a simmer over medium heat. Arrange **cod** in **sauce**, partially submerging. Partially cover pan, and simmer until fish is cooked through, 7-8 minutes. Cut **lime** into wedges.



3. Make chili oil

In a medium pot or Dutch oven, heat **½ cup oil** over medium-high until shimmering. Add **sliced garlic and shallots**. Cook, stirring, until lightly browned, about 5 minutes. Stir in **a pinch of crushed red pepper**, if desired. Carefully pour **all but 2 tablespoons oil** into a heatproof bowl.



6. Toast tortillas & serve

Meanwhile, toast **tortillas** directly over a gas flame or under the broiler, turning occasionally, until lightly charred, about 2 minutes, stacking and wrapping in foil as you go. Spoon **fish** and **broth** into bowls and drizzle with **chili oil**. Using a slotted spoon, top with **shallots and garlic**. Sprinkle with **cilantro**. Serve with **tortillas** and **lime wedges**. Enjoy!