



Cooking Made Easy

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Poached Cod in Chorizo-Fennel Broth

with Orange, Zucchini, and Purple Sweet Potato Crisps



Slowly simmering delicate cod in a flavorful chorizo-fennel broth infuses the fish with flavor. Reduced with a squeeze of orange, the broth is transformed into an intense, citrusy sauce. Served with purple sweet potato crisps, this dish is worthy of any dinner party.



45 min



level 3



nut
free



gluten
free



make me
first



dairy
free



Cod



Dried Chorizo



Shallot



Garlic



Orange Juice



Navel Orange



Vegetable Stock
Concentrates



Zucchini



Fennel



Purple Sweet Potato

Ingredients

	2 People	4 People
Cod	2 fillets	4 fillets
Dried Chorizo	2 links	4 links
Shallot	1	2
Garlic	2 cloves	4 cloves
Orange Juice	1 C	2 C
Navel Orange	1	2
Vegetable Stock Concentrates	2	4
Zucchini	1	2
Fennel	1 bulb	2 bulbs
Purple Sweet Potato	12 oz	24 oz
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Fish

Tools

Baking Sheet,
Large Pan,
Medium Bowl, Peeler

Nutrition per person Calories: 765 cal | Carbs: 78 g | Fat: 32 g | Protein: 45 g | Fiber: 12 g

Ruler

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- 1 Make the purple sweet potato crisps:** preheat oven to 400 degrees. Peel and thinly slice the **potatoes** lengthwise and toss on a baking sheet with **1 tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, flipping halfway through.
- 2** Mince the **shallot**. Trim, halve, and core the **fennel bulb**, then slice as thinly as possible. Dice the **zucchini** into 1/4-inch cubes. Thinly slice the **chorizo** into rounds. Thinly slice the **garlic**.
- 3** Heat a large pan over medium heat. Add the **chorizo** to the pan and cook, tossing occasionally, until slightly crispy. Set aside, leaving the residual oil in the pan.
- 4** Add the **shallot, fennel, zucchini,** and **garlic** to the pan and cook, tossing, 5-7 minutes, until softened. Season with **salt** and **pepper**.
- 5** Add **2 cups water** and the **stock concentrates** to the pan and bring to a simmer. Once simmering, place the **cod** into the liquid and simmer for 6-8 minutes, until opaque and easily flakes with a fork. Depending on the thickness of your fillet, you may need to carefully flip your cod halfway through cooking.
- 6 Segment the orange:** slice off both ends, then run your knife along the **orange** flesh to remove the outer peel and pith. Working over a medium bowl, cut between each membrane to release the orange segments. Juice remaining orange core into the pan with the **cod**.
- 7** Once opaque, carefully remove **cod** from the liquid and set aside, covered.
- 8 Make the sauce:** add the **orange juice** to the pan, then increase the heat to high and reduce liquid by half. Taste and season with **salt** and **pepper**.
- 9** Plate a bed of **fennel** and **zucchini**, then top with the **cod** fillet. Pour over the sauce, and surround with the **orange segments, chorizo,** and **purple sweet potato crisps**. Drizzle with **1 tablespoon olive oil** and enjoy!