



APR
2016

Seared Cod

with Mediterranean Bean & Tomato Salad

This light dish is great for a warm spring night. Delicate cod is seared until flaky and served over a refreshing salad of cannellini beans, green beans, and tomatoes. If you have the time, feel free to marinate the salad for up to 12 hours!



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



dairy free



make me first



Cod



Cannellini Beans



Green Beans



Tomato



Cilantro



White Wine Vinegar



Red Onion

Ingredients

	1)	2 People	4 People
Cod	1)	12 oz	24 oz
Cannellini Beans		1 Box	2 Boxes
Green Beans		6 oz	12 oz
Tomato		1	2
Cilantro		¼ oz	½ oz
White Wine Vinegar		2 T	4 T
Red Onion		1	1
Olive Oil*		2T + 1 t	2T + 2 t

*Not Included

Allergens

1) Fish

Tools

Medium pot, Strainer, Small bowl, Large pan

Nutrition per person Calories: 523 cal | Fat: 18 g | Sat. Fat: 2 g | Protein: 42 g | Carbs: 41 g | Sugar: 7 g | Sodium: 306 mg | Fiber: 13 g

Ruler

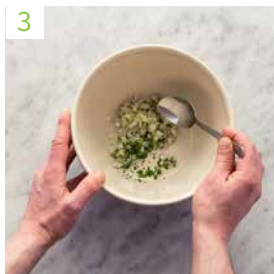
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1 Prep the ingredients: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Halve, peel, and finely mince **3 Tablespoons onion**. Trim, then cut the **green beans** into 2-inch pieces. Core, seed, and dice the **tomato**. Finely chop the **cilantro**. Drain and rinse the **cannellini beans**.

3



2 Cook the green beans: Add the **green beans** to the boiling water and cook for 3-4 minutes, until crisp-tender. Drain and rinse under very cold water.

3 Make the dressing: In a small bowl, combine the **minced onion, cilantro, vinegar,** and **2 Tablespoons olive oil**. Season with **salt** and **pepper**.

4



4 Marinate the salad: When the **green beans** are done, toss them into the **dressing** along with the **tomato** and **cannellini beans**. Season with **salt** and **pepper** and set aside in the fridge to marinate.

5 Cook the cod: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **cod** on all sides with **salt** and **pepper**. Add the cod to the pan and cook for 3-4 minutes per side, until golden brown and just opaque in the center.

5



6 Serve: Plate the **cod** on a bed of **Mediterranean bean and tomato salad** and enjoy!

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