



More than Food

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## Cod Cioppino in Tomato Stew

with Toasted Baguette

Cioppino, originating in San Francisco, is a rich tomato-based seafood stew filled with the catch of the day. We're taking advantage of flaky, delicate cod to give this dish finesse. Crispy baguette is the perfect vehicle for soaking up the broth!



45 min



level 2



make me first



nut free



Cod



Parsley, fresh



Yellow Onion



Green Bell Pepper



Vegetable Stock Concentrate



Garlic



Dried Oregano



Red Chili Flakes



Whole Peeled Tomatoes



Demi Baguette

## Ingredients

|                             | 2 People    | 4 People |
|-----------------------------|-------------|----------|
| Cod                         | 1)<br>12 oz | 24 oz    |
| Parsley, fresh              | ½ oz        | 1 oz     |
| Yellow Onion                | 1           | 2        |
| Green Bell Pepper           | 1           | 2        |
| Vegetable Stock Concentrate | 1           | 2        |
| Garlic                      | 2 cloves    | 4 cloves |
| Dried Oregano               | 1 t         | 2 t      |
| Red Chili Flakes            | 1 t         | 2 t      |
| Whole Peeled Tomatoes       | 1 can       | 2 cans   |
| Demi Baguette               | 2) 3)<br>1  | 2        |
| Olive Oil*                  | 1 T         | 2 T      |

\*Not Included

## Allergens

- 1) Fish
- 2) Wheat
- 3) Soy

## Tools

Large Pan, Baking Sheet,  
Wooden Spoon

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 456 cal | Carbs: 52 g | Fat: 8 g | Protein: 39 g | Fiber: 7 g | Sodium: 573 mg

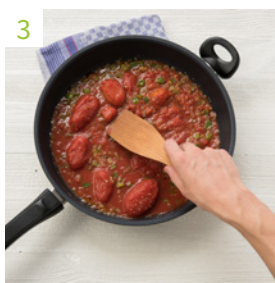
*Make sure to wash and dry produce before prepping or cooking!*

1



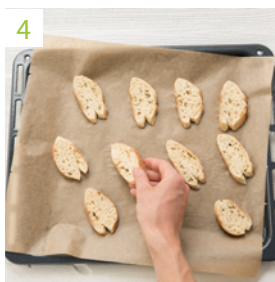
**1** Preheat the oven to 400 degrees. Halve, core, and remove the white ribs from the **bell pepper**, then finely dice. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Finely chop the **parsley**, reserving a few leaves for garnish.

3



**2** **Start the tomato stew:** heat **1 Tablespoon olive oil** in a large pan over medium-high heat. Add the **onion, bell pepper, oregano, and red chili flakes (to taste, they're spicy!)** to the pan and cook, tossing, for 6-7 minutes, until slightly caramelized. Add the **garlic** and **parsley** to the pan and cook an additional 2-3 minutes.

4



**4** **Toast the baguette:** meanwhile, thinly slice the **baguette** on a diagonal. Place the slices on a baking sheet and place in the oven to toast for 5 minutes.

5



**5** **Finish the tomato stew:** once the **stew** has simmered for 12-15 minutes, taste and season with **salt** and **pepper**. Season the **cod** on all sides with **salt** and **pepper**, then place into the stew, partially submerged. Cover and cook until the cod is flakey and opaque, 5-7 minutes.

**6** Spoon the **tomato stew** into bowls and top each with a piece of **cod**. Garnish with the reserved **parsley leaves**. Serve with the **baguette toasts** for dipping and enjoy!