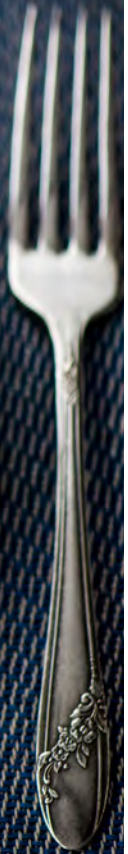




More than Food

hellofresh.com | hello@hellofresh.com



JAN 2016 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!



Pescado Veracruz

with Olive Ragout, Burst Tomatoes, and Basmati Rice

Pescado Veracruz hails from the city of the same name, Veracruz, Mexico. Founded by the Spanish, the city continues to be Mexico's largest and busiest port. As a result, many European ingredients—such as olives—were introduced to Mexico via trade. This recipe is so satisfyingly simple to prepare—I never get tired of eating and making it. – **Chef Robert Stauning**



30 min



level 1



make me first



nut free



dairy free



Cod Fillets



Grape Tomatoes



Plum Tomato



Olives



Vegetable Stock Concentrate



Yellow Onion



Garlic



Basmati Rice



Parsley

Ingredients

	2 People	4 People
Cod Filets	1)	2
Grape Tomatoes	4 oz	8 oz
Plum Tomato	1	2
Olives	2 oz	4 oz
Vegetable Stock Concentrate	1	2
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Basmati Rice	½ C	1 C
Parsley	¼ oz	½ oz
Oil*	1 T	2 T

*Not Included

Allergens

1) Fish

Tools

Baking Sheet, Small Pot, Medium Pot

Nutrition per person Calories: 467 cal | Fat: 12 g | Sat. Fat: 1 g | Protein: 37 g | Carbs: 49 g | Sugar: 6 g | Sodium: 681 mg | Fiber: 3 g

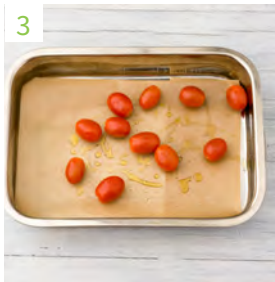
Make sure to wash and dry produce before prepping or cooking!

Ruler
0 in ¼ in ½ in ¾ in 1 in

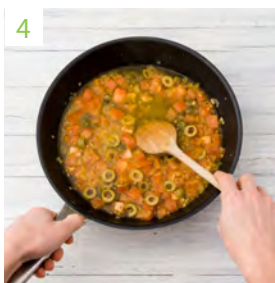


1 Cook the rice: Preheat the oven to 400 degrees. In a small pot, bring **1 cup water** and a large pinch of **salt** to a boil. Add the **rice**, cover, and reduce to a low simmer for about 15 minutes, until tender. Keep covered until the rest of the meal is ready.

2 Prep the ingredients: Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Slice the **olives** into rings. Core and dice the **plum tomato**. Finely chop the **parsley**, reserving a few leaves for garnish.

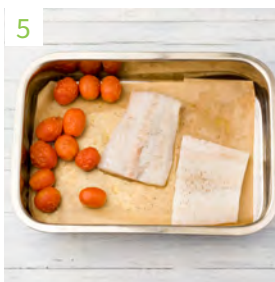


3 Roast the grape tomatoes: Toss the **grape tomatoes** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until burst and slightly charred.



4 Make the Veracruz sauce: Heat a drizzle of **olive oil** in a medium pot over medium heat. Add the **onion**, **garlic**, and **plum tomato** to the pot and cook, tossing, for 4-5 minutes, until soft. Add the **olives**, **stock concentrate**, and **½ cup water** to the pot. Simmer for 1-2 minutes, until slightly thickened. Season with **pepper**. Remove from the heat and cover to keep warm.

5 Cook the cod: Season the **cod** on all sides with **salt**, **pepper**, and a drizzle of **olive oil**. Place onto the baking sheet with the **tomatoes** and bake for 7-8 minutes, until flaky and opaque.



6 Plate: Reheat the **Veracruz sauce**, if necessary. Place the **cod** on a bed of **rice** and top with the **burst tomatoes**, **Veracruz sauce**, and a sprinkle of **parsley**. Enjoy!