



SPANISH-STYLE COD WITH CHICKPEAS

over Zucchini and Arugula



HELLO

SMOKED PAPRIKA

The Spanish pepper adds a deep, smoky perfume to anything it touches.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 510



Red Onion



Garlic



Arugula



Chickpeas



Cod
(Contains: Fish)



Zucchini



Lemon



Parsley



Smoked Paprika



Veggie Stock
Concentrate

START STRONG

Not sure if your fish is cooked through? Give it a poke. It should flake easily when prodded with a fork and have an opaque appearance throughout.

BUST OUT

- Zester
- Baking sheet
- Strainer
- Medium pot
- Paper towel
- Medium bowl
- Small bowl
- Aluminum foil
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 | 1
- Zucchini 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 1
- Arugula 2 oz | 4 oz
- Parsley ¼ oz | ¼ oz
- Chickpeas 1 Box | 2 Boxes
- Smoked Paprika 1 tsp | 2 tsp
- Cod 12 oz | 24 oz
- Veggie Stock Concentrate 1 | 2

HELLO WINE



PAIR WITH
Trilus California
Chardonnay, 2015

HelloFresh.com/Wine



1 PREHEAT AND PREP

Wash and dry all produce. Preheat broiler to high or oven to 500 degrees. Halve and peel **onion**, then slice into thin half-moons. Cut **zucchini** into ½-inch pieces. Mince or grate **garlic**. Zest **lemon** until you have 1 tsp zest, then cut into halves. Roughly chop half the **arugula**. Finely chop **parsley**. Drain and rinse **chickpeas**.



4 BROIL COD

Broil or bake **cod** in oven until cooked through, opaque, and flaky, 8-10 minutes.



2 MARINATE COD

Pat **cod** dry with a paper towel. In a small bowl, combine half the **smoked paprika**, half the **lemon zest**, half the **garlic**, a pinch of **salt** and a drizzle of **olive oil**. Brush mixture onto cod, rubbing all over to coat evenly. Place fillets on a foil-lined baking sheet.



5 WARM CHICKPEAS

Meanwhile, stir **chickpeas** into pot with **zucchini**. Cook until zucchini is tender, 3-4 mins. Remove from heat and stir in chopped **arugula** and a squeeze of **lemon**, allowing leaves to wilt. Season with **salt** and **pepper**. In a medium bowl, toss remaining **arugula** with a squeeze of **lemon** and a drizzle of **olive oil**.



3 COOK ZUCCHINI

Heat a drizzle of **olive oil** in medium pot over medium-high heat. Add **zucchini** and **onion** and cook, tossing, until softened, 5-6 minutes. Stir in remaining **garlic** and **smoked paprika**. Cook until fragrant, about 1 minute. Add **stock concentrate** and ¼ cup **water**. Lower heat to medium, cover, and let simmer 3 minutes.



6 PLATE AND SERVE

Toss together **parsley** and remaining **lemon zest** on cutting board. Divide **zucchini and chickpea mixture** between bowls. Top with **dressed arugula**. Place a **cod fillet** on top of each. Drizzle with **lemon juice** and garnish with **parsley** and **zest mixture**.

SMOKIN'!

The smoked paprika rub can be used to season almost any protein.

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com