



NUTRITION *per serving* 34g carbohydrates 19g fat 34g protein 1700mg sodium | calorie-conscious, carb-conscious



Calories
422



Prep & Cook Time
40-50 min.



Cook Within
3 days



Difficulty
Expert



Spice Level
Not Spicy



Cod al Cartoccio

with asparagus-mushroom succotash

IN YOUR BOX

4 oz. Asparagus
2 Garlic Cloves
6 oz. Cremini Mushrooms
1 Shallot
4 oz. Grape Tomatoes
.125 oz. Oregano
3 oz. Corn Kernels
12 oz. Cod
1 Sheet of Parchment Paper

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Baking Sheet
Mixing Bowl
Medium Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil

WHILE YOU COOK

- ❑ **Packets** may puff up like stovetop popcorn; don't worry! That simply means the packet was sealed correctly.

FROM THE CHEF

Each fold of parchment paper should overlap with the previous one, creating a tight seal. The tight seal is key for cooking; don't worry if there are wrinkles, or if you have to use staples to reinforce the gaps. And if parchment just isn't your thing, use foil instead, sealing the pouch by bunching the foil at the top. The insides will taste just as good!

Did you know...

Pesce al cartoccio is often known as "fish in a bag." Mostly it's made with parchment paper as the "bag," but also can be made with a paper bag or foil.



Prepare the Ingredients

Trim woody ends off **asparagus** and cut into 1" lengths on an angle. Mince **garlic**. Cut **mushrooms** into ¼" slices. Peel and slice **shallot** into ¼" rounds. Separate rounds into rings. Halve **grape tomatoes**. Stem and coarsely chop **oregano**. Place asparagus, **corn**, garlic, 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl and toss to combine.



Finish Making the Packet

Fold **paper** over, covering **mixture**. Starting at folded edge, fold lower left corner at an angle up toward mixture. Start from middle of previous fold and fold again toward mixture. Repeat process around mixture, making as tight a seal as possible. Seal with a small fold under packet.



Sear the Cod

Pat **cod fillets** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**. Place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and cod to hot pan and cook undisturbed until lightly browned on one side, 2-4 minutes. Transfer cod to a plate. *Cod will finish cooking in a later step.* Reserve pan; no need to wipe clean.



Bake Packet and Make Relish

Place **packets** on prepared baking sheet and roast until packets lightly brown on edges and **cod** reaches a minimum internal temperature of 145 degrees, 6-8 minutes. While cod bakes, stir **grape tomatoes**, **oregano**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in reserved mixing bowl.



Cook Mushrooms and Begin Packets

Return pan to medium-high heat and add 1 tsp. **olive oil** and **mushrooms** to hot pan. Cook until lightly browned, 3-5 minutes. Add **shallots** and cook 1 minute. Remove from burner. Fold **parchment paper** in half widthwise and cut on fold. Fold paper again like a book. Open paper and place **asparagus-corn mixture** in center of one half of each paper, leaving a 2½" to 3" border. Add **mushroom-shallot mixture** to each pile and top with **cod**. Repeat with second paper. Reserve mixing bowl.



Plate the Dish

Traditionally, the **packet** is cut open at the table; however, feel free to remove **cod** and **vegetables** from packet and serve on a plate if desired. Spoon **relish** on top of cod and drizzle with ½ tsp. **olive oil**.