



#### In your box

¼ oz. Parsley  
1 Shallot  
2 Roma Tomatoes  
1 French Roll  
12 oz. Cod  
2 Tbsp. Tomato Paste  
1 tsp. Old Bay Seasoning  
2 tsp. Vegetable Base  
2 fl. oz. White Cooking Wine  
½ oz. Grated Parmesan Cheese

CONTAINS milk, wheat, soy, fish  
(cod)



## Manhattan Cod and Tomato Stew

with Parmesan bread

NUTRITION per serving—Calories: 480, Carbohydrates: 35g, Fat: 22g, Protein: 34g, Sodium: 1684mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**35-45 min.**

Cook Within  
**3 days**

Difficulty Level ● ○ ○  
**Easy**

Spice Level ○ ○ ○ ○  
**Not Spicy**

## 📌 You will need

Olive Oil, Pepper, Cooking Spray  
Baking Sheet, Medium Non-Stick Pan, Mixing Bowl

## 👩🍳 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 **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **parsley**



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### Prepare the Ingredients

- Halve and peel **shallot**. Cut halves into ¼" dice.
- Core **tomatoes** and cut into ¼" dice.
- Halve **French roll**, if necessary.
- Stem and coarsely chop **parsley**.
- Gently pat **cod fillets** dry.



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### Cook the Cod

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **cod** to hot pan. Cook until browned and cod reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer cod to a plate and cover. *Remove cod gently as it may stick to pan.*
- Reserve pan; no need to wipe clean.



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### Cook the Stew and Roll

- Return pan used to sear cod to medium heat with 1 Tbsp. **olive oil**. Add **shallot** to hot pan and stir often until slightly softened, 3-5 minutes.
- Stir in **tomato paste**, **Old Bay seasoning**, **tomatoes**, **vegetable base**, **white wine**, and 1 cup **water**. Bring to a boil and cook 5 minutes.
- While stew cooks, combine **Parmesan** and 1 Tbsp. olive oil in a mixing bowl. Place halved **French roll**, cut side up, on prepared baking sheet and spread Parmesan-oil mixture on roll halves. Bake in hot oven until golden, 6-9 minutes.
- While bread bakes, finish stew.



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### Finish the Stew

- Break **cod** into bite-sized pieces. Add cod, **parsley** (reserve a pinch for garnish), and ¼ tsp. **pepper** to pan with vegetables.
- Stir occasionally until cod is warmed through, 1-2 minutes.



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### Finish the Dish

- Plate dish as pictured on front of card, garnishing with reserved **parsley**. Bon appétit!