



## Peruvian-Spiced Cod with Roasted Plantains and Tomato-Jalapeño Salsa

Prep Time: 20-40 minutes    Calories Per Serving: 710  
Cook Time: 20-30 minutes    Serves: 2 people

Aji amarillo is a spicy yellow chile popular in Peruvian cuisine. The paste, used here, can be added to sauces or soups for a kick. In keeping with the Peruvian inspiration for this dish, we've paired the cod with roasted plantains, which are a large banana variety with less sweetness, but a firmer texture that's perfect for crisping in the oven.

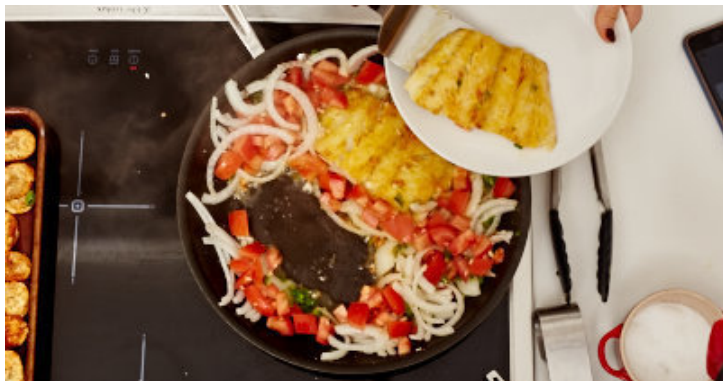
USDA recommends cooking fish to 145° F.





## 1. Prepare Ingredients

Preheat oven to 400°F. Rinse all produce. Peel **onion**, halve, and thinly slice. Cut **tomatoes** into ½-inch dice. Peel **plantains** (see Recipe Tip) and cut on a diagonal into ½-inch slices. Mince **garlic**. Pick **cilantro leaves**, discarding stems. Halve **jalapeño** lengthwise, and using a knife tip, discard seeds. Cut into small dice. Rinse **cod** and pat dry with paper towel.



## 4. Cook Salsa

Flip **cod**, increase heat to medium high, and add **white wine vinegar**, **onion**, **tomatoes**, **garlic**, and as much **jalapeño** as desired. Cook until cod is opaque and cooked through, 4-5 minutes more. Remove from pan and set aside, reserving sauce in pan. Continue cooking until onions are soft, about 2 minutes. Add **white wine** and simmer until reduced by ½, about 1 minute. Remove pan from heat. Taste and add **salt** and **black pepper** as needed.



## 2. Roast Plantains

On a baking sheet, toss **plantains** with **spice mix**, **2 tablespoons canola oil**, and **salt**. Roast until browning and tender, about 20 minutes, flipping halfway through.



## 5. Season Plantains

Toss **roasted plantains** with **cilantro**. Taste and add **salt** as needed.






## 3. Sear Cod

When plantains are about halfway roasted, heat **1 tablespoon canola oil** in a large nonstick pan over medium heat. Rub rounded sides of cod with as much **aji amarillo** as desired and season with **salt**. When oil is shimmering, add **cod** rounded-side down and sear until light golden, about 3 minutes.



## 6. Plate Cod

Divide **cod** and **plantains** evenly between 2 plates. Top cod with **salsa** and serve.

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## 🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

If you're spice-shy, add less jalapeño or aji amarillo or skip it.

If your plantains are brown or black, they'll still good to use! That means they're extra-ripe, which is ideal for roasting.

## 🔗- INGREDIENTS

- 1 sweet onion
- 2 plum tomatoes
- 3 plantains
- 2 cloves garlic
- ⅓ bunch cilantro
- 1 jalapeño
- 12 ounces Pacific cod
- 1 spice mix
  - 1 teaspoon sweet paprika
  - 1 teaspoon smoked paprika
- ½ tablespoon aji amarillo
- 1 tablespoon white wine vinegar
- ½ cup white wine

## 🔗- YOU'LL NEED

- baking sheet
- large pan, nonstick if handy
- 3 tablespoons canola oil
- kosher salt
- black pepper

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