



OCT
2016

Seared Rockfish

with Caper Aioli, Oven Fries, and Arugula Artichoke Salad

Our chefs put a lighter spin on the crowd-pleasing fish and chips by ditching the deep-frying entirely. Instead, they pan-sear the mild and flaky rockfish, bake the fries, and serve it all alongside peppery greens and a creamy aioli.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



make
me first



gluten
free



Yukon
Potatoes



Lemon



Garlic



Parsley



Artichokes



Capers



Mayonnaise



Arugula



Rockfish

Ingredients

	2 People	4 People
Yukon Potatoes	12 oz	24 oz
Lemon	1	1
Garlic	1 Clove	2 Cloves
Parsley	¼ oz	¼ oz
Artichokes	1) 1 Jar	2 Jars
Capers	1 oz	1 oz
Mayonnaise	1) 2) 2 T	4 T
Arugula	2 oz	4 oz
Rockfish	3) 12 oz	24 oz
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Soy
- 2) Eggs
- 3) Fish

Tools

Strainer, Baking sheet, Small bowl, Large pan, Large bowl

Nutrition 2 person Calories: 496 cal | Fat: 27 g | Sat. Fat: 3 g | Protein: 34 g | Carbs: 41 g | Sugar: 4 g | Sodium: 638 mg | Fiber: 10 g

Nutrition 4 person Calories: 488 cal | Fat: 27 g | Sat. Fat: 3 g | Protein: 33 g | Carbs: 37 g | Sugar: 3 g | Sodium: 636 mg | Fiber: 9 g

1



1 Prep: Wash and dry all produce. Preheat oven to 450 degrees. Cut **potatoes** into ½-inch wedges (like steak fries). Cut **lemon** into wedges. Mince or grate ¼ **teaspoon garlic**. Finely chop **1 Tablespoon parsley leaves**. Drain **artichokes**.

2



2 Bake the fries: Toss **potatoes** on a baking sheet with a drizzle of **olive oil** and a large pinch of **salt** and **pepper**. Bake until golden brown and crispy, 20-25 minutes, turning once halfway through.

3



3 Make the caper aioli: Drain and finely chop **capers**. In a small bowl, combine **mayonnaise**, **parsley**, **capers**, **garlic** (to taste), and a squeeze of **lemon**. Season to taste with **salt** and **pepper**.

5



4 Cook the fish: Season **rockfish** on all sides with **salt** and **pepper**. With 5-7 minutes to go on the **potatoes**, heat a drizzle of **olive oil** in a large pan over high heat. Once very hot (oil should shimmer), add **rockfish**. Cook until slightly golden on outside and just opaque on inside, 2-3 minutes per side.

5 Toss the salad: Toss **arugula** and **artichokes** in a large bowl with a squeeze of **lemon**, drizzle of **olive oil**, and pinch of **salt** and **pepper**.

6 Finish: Plate the **seared rockfish** alongside the **arugula artichoke salad** and **oven fries**. Serve with a dollop of **caper aioli** and a **lemon wedge**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

