



Greek-Style Broiled Cod

with Potatoes, Mint, & Olives



25min



2 Servings

We channel all of the briny, savory, and fresh flavors of Greek cuisine in this one-pan dish. First, the potatoes are tossed with olive oil and oregano, then roasted until crisp and browned. The fish is broiled on the same baking sheet with Kalamata olives, and spinach gets added into the mix, wilting slightly from the residual heat. A drizzle of lemony dressing and a sprinkling of fresh mint brings the whole dish together.

What we send

- 2 red potatoes
- dried oregano (use ½ tsp)
- garlic (use use 1 large clove)
- 1 lemon
- 10 oz pkg cod or pollock 4
- 1 oz Kalamata olives
- 3 oz baby spinach
- ¼ oz fresh mint

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 52g, Carbs 35g, Protein 27g



1. Prep potatoes

Preheat oven to 450°F with racks in lower and upper thirds. Place rimmed baking sheet on lower oven rack to preheat. Scrub **potatoes**, then cut into ½-inch wedges (or just halve if small). In medium bowl, toss to combine potatoes, **2 tablespoons oil**, and **½ teaspoon of the dried oregano**. Season with **salt** and **pepper**.



4. Broil fish

Pat **fish** dry, then season with **salt** and **pepper**. Coarsely chop **olives**, removing any pits if necessary. Transfer fish and olives to baking sheet with potatoes, and drizzle fish with **oil**. Broil on upper oven rack until fish is easily flaked with a fork, about 5 minutes.



2. Roast potatoes

Carefully, transfer **potatoes** and **seasoned oil** to preheated baking sheet. Roast on lower oven rack until just tender and browned in spots, 15–20 minutes. Remove baking sheet from oven, then switch oven to broil.



5. Wilt spinach

Add **spinach** to baking sheet, then spoon **lemon dressing** over **fish** and **vegetables**. Transfer fish to plates. Broil spinach and **potatoes** until spinach is wilted, about 1 minute (watch closely, as broilers vary). Season spinach and potatoes with **salt** and **pepper**.



3. Make lemon dressing

While **potatoes** cook, peel and finely chop **1 teaspoon garlic**. Into a small bowl, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**. Whisk in **garlic** and **2 tablespoons oil**. Season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.



6. Finish & serve

Pick **mint leaves** from stems, discarding stems. Tear leaves if large. Stir **half of the mint** into **spinach** and **potatoes**. Serve **potatoes** and **spinach** alongside plate with **fish**. Garnish with **remaining mint**. Serve with **lemon wedges**. Enjoy!