



Greek-Style Broiled Cod

with Potatoes, Mint & Olives



25min



2 Servings

We channel all of the 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 at the end. A drizzle of lemony dressing and a sprinkling of fresh mint brings the whole dish together.

What we send

- 12 oz red potatoes
- ¼ oz dried oregano
- garlic
- 1 lemon
- 10 oz pkg cod 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
- microplane or grater

Allergens

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

Nutrition per serving

Calories 530kcal, Fat 31g, Carbs 33g, Protein 31g



1. Prep potatoes

Preheat oven to 450°F with racks in the upper and lower thirds. Place a rimmed baking sheet on lower oven rack to preheat. Scrub **potatoes**, then cut into ½-inch thick wedges (or 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 cod

Pat **cod** dry, then season with **salt** and **pepper**. Coarsely chop **olives**, removing any pits if necessary. Transfer cod and olives to baking sheet with **potatoes**; drizzle cod with **oil**. Broil on upper oven rack until fish flakes easily with a fork, about 5 minutes (watch closely as broilers vary).



2. Roast potatoes

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



5. Wilt spinach

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



3. Make lemon dressing

While **potatoes** roast, finely chop **1 teaspoon garlic**. Finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice** into a small bowl. Whisk in chopped 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 **cod**, and garnish with **remaining mint**. Serve with **any lemon wedges** on the side for squeezing over. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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