



Oven-Baked Paprika Cod & Sweet Potatoes

with Broccoli & Horseradish-Dill Sauce



45min



2 Servings

| This recipe is customized with sweet potatoes.

What we send

- 1 yellow onion
- 1 sweet potato
- ¼ oz fresh dill
- ½ lb broccoli
- 10 oz pkg cod fillets ⁴
- ¼ oz smoked paprika
- 2 (1 oz) sour cream ⁷
- 1 oz horseradish ^{6,12}

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- medium baking dish
- rimmed baking sheet
- microwave

Cooking tip

Using a mandoline instead of slicing the potatoes by hand is faster, and produces thin, even rounds.

Allergens

Fish (4), Soy (6), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 25g, Carbs 47g, Protein 33g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper third and center. Grease a medium baking dish. Halve and thinly slice **half of the onion**. Scrub and thinly slice **potato** into ¼-inch thick rounds (or thinner). Pick **dill fronds**; discard stems. Finely chop half of the dill. Cut **broccoli** into 1-inch florets; toss on a rimmed baking sheet with **salt, pepper**, and **1 tablespoon oil**.



4. Cook broccoli

Switch oven to broiler.

Transfer **broccoli** to center oven rack (residual oven heat will cook broccoli). Broil **potatoes** on upper oven rack until beginning to brown, about 5 minutes (watch closely as broilers vary).



2. Cook potatoes

In a medium microwave-safe bowl, microwave **2 tablespoons butter** until melted. Add **potatoes** and **¾ teaspoon salt** and toss to coat. Season with **pepper**. Shingle potatoes in even layers in prepared baking dish. Pour **⅓ cup water** over potatoes. Bake, uncovered, on upper oven rack until potatoes are tender, 20-25 minutes.



5. Broil cod

Sprinkle **onions** over **potatoes**. Add **cod** over potatoes and onions, sauce side up. Broil until **broccoli** is browned in spots and cod is cooked through, 5-7 minutes.



3. Prep cod & make sauce

Pat **cod** dry and brush with **oil**. Sprinkle with **2 teaspoons paprika**; season all over with **salt** and **pepper**. In a small bowl, combine **chopped dill**, **all of the sour cream**, **1½ teaspoons horseradish**, **2 teaspoons water**, **¼ teaspoon each of salt and sugar**, and a **pinch of pepper**. Brush one side of each fillet with **1½ teaspoons sauce** (reserve remaining sauce).



6. Finish & serve

Serve **cod** and **potatoes** with **broccoli** alongside and with **remaining horseradish sauce and whole dill fronds** over top. Enjoy!