



**20 MINUTE MEAL**

**LOW CALORIE**

## Oven-Roasted Cod

with Tomato, Zucchini & Chimichurri



ca. 20min



2 Servings

We're holding on to the bright, fresh flavors of summer with this dish. We combine delicate roasted cod with tender zucchini, about-to-burst tomatoes, and crusty garlic bread. The finishing touch is chimichurri, a zippy sauce made from parsley, cilantro, garlic, vinegar, and spices—a condiment that's sure to punch up any meal.



## What we send

- 1 pkg grape tomatoes
- garlic
- 1 zucchini
- 10 oz pkg cod fillets <sup>1</sup>
- 2 ciabatta rolls <sup>2</sup>
- 4 oz chimichurri sauce

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium cast-iron or ovenproof nonstick skillet

## Allergens

Fish (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 620kcal, Fat 16g, Carbs 79g, Protein 38g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Cut **half of the tomatoes** in half (save rest for own use). Peel **2 large garlic cloves**; thinly slice one clove, and leave the second clove whole. Cut **zucchini** in half lengthwise, then cut into ½-inch thick half-moons; discard ends.



### 4. Sear cod

Heat an additional **1 tablespoon oil** in same skillet. Add **cod** and cook, undisturbed, about 1 minute. Add **sliced garlic** and cook, stirring around the fish, until fragrant, about 10 seconds. Add **tomatoes**, season lightly with **salt**, and cook, stirring around the fish, until just beginning to soften, about 1 minute.



### 2. Prep cod & ciabatta

Pat **cod** dry and season lightly with **salt** and **pepper**. Split **ciabatta rolls** horizontally, if necessary; brush cut-sides lightly with **oil** and place on a sheet of foil.



### 5. Roast cod

Return **zucchini** to skillet with **cod** and **tomatoes**. Roast on upper oven rack until tomatoes are softened, and cod just flakes with a fork, 5-7 minutes. Remove from oven; switch oven to broil.



### 3. Cook zucchini

Heat **1 tablespoon oil** in a medium cast-iron or ovenproof nonstick skillet over high. Add **zucchini** in a single layer, season lightly with **salt** and **pepper**, and cook, turning once, until browned, but not cooked through about 4 minutes. Transfer to a plate.



### 6. Toast ciabatta & serve

Broil **ciabatta rolls** on upper oven rack until golden and crusty, turning once, 2-3 minutes (watch closely, as broilers vary). Transfer bread to a cutting board and rub cut sides with **whole garlic clove**; cut each in half. Serve **cod and vegetables** with **garlic bread**, and **some of the chimichurri sauce** on the side. Enjoy!