





Chimichurri Cod

with Charred Summer Veggies

 20-30min  2 Servings

Healthy doesn't have to mean boring. Here, we crisp up sweet and meaty cod filets and serve them with a delicious pile of charred vegetables and vibrant chimichurri sauce. Juicy marinated tomatoes add pops of bright sweetness, while homemade smoked paprika breadcrumbs add a savory crunch. Our readymade herbal chimichurri is a shortcut to big flavor, so this nutritious dinner is on the table before you know it!

What we send

- 1 zucchini
- 1 yellow squash
- 1 yellow onion
- 1 plum tomato
- 10 oz pkg cod filets ⁴
- 1 mini French roll ¹
- ¼ oz smoked paprika
- 4 oz chimichurri sauce

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

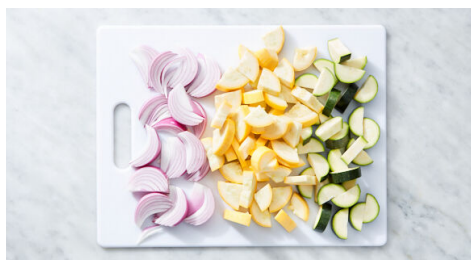
- rimmed baking sheet
- medium nonstick skillet

Allergens

Wheat (1), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 66g, Carbs 33g, Protein 32g



1. Prep ingredients

Preheat broiler with racks in the center and upper third.

Halve **zucchini** and **yellow squash** lengthwise and then cut crosswise into ½-inch thick half moons. Halve **onion** and slice into ¼-inch thick wedges.



2. Broil veggies

Add **squash and onions** to rimmed baking sheet and toss with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until veggies are tender and charred, 10-12 minutes, flipping halfway through. Divide between plates; reserve baking sheet.



3. COD VARIATION

Meanwhile, cut **tomato** into ½-inch pieces. In a small bowl, stir to combine **tomatoes, 1 tablespoon oil**, and **1 teaspoon vinegar**. Season to taste with **salt and pepper**; set aside until step 6.



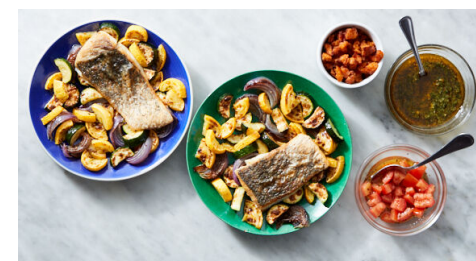
4. Sear fish

Pat **cod** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium; add **fish**. Press each fillet firmly for 10 seconds with back of a spatula. Cook, occasionally pressing gently on filets, until bottom is well browned, 3-4 minutes. Flip fish; cook until it is cooked through, 3-4 minutes more.



5. Make breadcrumbs

Tear **mini French roll** into small pieces about the size of peas. Toss with **2 tablespoons oil** and **1-2 teaspoons smoked paprika** (depending on taste preference). Transfer to same rimmed baking sheet used to cook veggies and broil on center oven rack until browned, 2-4 minutes (watch carefully as they will burn easily).



6. Finish & serve

Place **fish** on top of **charred veggies**. Spoon **some of the chimichurri** over top. Garnish with **marinated tomatoes** and **smoked paprika breadcrumbs**. Enjoy!