



Za'atar Roasted Cod

with Feta & Shepherd Salad



20-30min



2 Servings

Za'atar is a Middle Eastern spice blend, typically containing a savory mix of dried herbs (like thyme and oregano), toasted sesame seeds, ground sumac, and other spices. We use this lively seasoning to form a crust for roasted cod. The fish is served alongside a chopped salad of cucumber, roasted bell peppers, and briny feta cheese.

What we send

- 1 lemon
- 10 oz pkg cod filets ⁴
- ¼ oz za'atar spice blend ¹¹
- garlic
- 1 bell pepper
- 2 scallions
- 1 cucumber
- 2 oz feta ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

Fish (4), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 360kcal, Fat 22g, Carbs 12g, Protein 31g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep cod & lemon

Preheat oven to 400°F with a rack in the center.

Squeeze **2 teaspoons lemon juice** into a medium bowl, then cut any remaining lemon into wedges.

Pat **cod** dry, then rub with **oil** and season with **salt** and **pepper**.



2. Roast cod

Line a rimmed baking sheet with foil. Add **cod**. Sprinkle with **2 teaspoons za'atar**, gently pressing to help seasoning adhere. Place **lemon wedges** around cod. Drizzle cod and lemon with **oil**.

Roast on center oven rack until cooked through, about 12 minutes.



3. Prep peppers & garlic

Meanwhile, finely chop **1 teaspoon garlic**. Halve **pepper**, discard stem and seeds, and cut into ½-inch pieces.

To bowl with **lemon juice**, stir in **1 teaspoon water** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



4. Char peppers

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and season with **salt** and **pepper**. Cook, stirring, until just crisp-tender and browned in spots, about 2 minutes. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Transfer to bowl with **lemon dressing**.



5. Prep salad

Trim **scallions**, then thinly slice.

Trim **cucumber** (peel if desired), and cut into ½-inch pieces.



6. Finish salad & serve

Add **scallions** and **cucumbers** to bowl with **peppers**, tossing to combine. Crumble **feta** into bowl, then season to taste with **salt** and **pepper**.

Carefully squeeze **roasted lemon wedges** over **za'atar cod**. Serve with **salad** alongside. Enjoy!