



Greek Pan-Roasted Cod

with Scallion Orzo & Spinach Salad



30-40min



2 Servings

Native to Greece, Kalamata olives have a tender texture. Greece's Kalamata olive is delicious on its own, but it's also a great ingredient for adding big flavor to a meal. Here, the olives add a delightful brininess to a warm lemon-scallion dressing drizzled over pan-seared cod.

What we send

- 2 scallions
- garlic
- 1 oz Kalamata olives
- 3 oz orzo ¹
- 10 oz pkg cod filets ⁴
- 1 cucumber
- 1 lemon
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar

Tools

- small saucepan
- medium ovenproof skillet
- microplane or grater

Allergens

Wheat (1), Fish (4), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 27g, Carbs 44g,
Protein 34g



1. Prep ingredients

Trim **scallions**, then thinly slice on an angle, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Finely chop **olives**, removing pits, if necessary.



2. Cook orzo

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo**; cook, stirring, until lightly toasted, about 2 minutes. Add **scallion whites and light greens** and **chopped garlic**; cook until fragrant, 1 minute. Add **1 1/4 cups water** and **1/4 teaspoon salt**. Bring to a boil. Cover, reduce heat to low, and cook until liquid is mostly absorbed, 7-10 minutes. Keep covered.



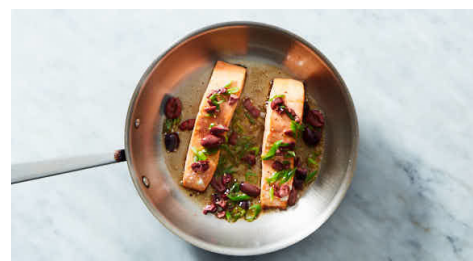
3. Marinate cucumbers

Meanwhile, peel **cucumber**, halve lengthwise, and scoop out seeds; thinly slice crosswise into half moons. In a medium bowl, combine **1 tablespoon each of oil and vinegar** with a **pinch of sugar**, whisking until sugar dissolves. Add cucumbers and toss to coat. Season to taste with **salt** and **pepper**. Reserve for step 6.



4. Sear & broil cod

Preheat broiler with rack in the top position. Pat **cod** dry, then season each piece with **salt** and **pepper**. Heat **1 teaspoon oil** in a medium ovenproof skillet over high. Add cod and cook until lightly golden, 3-4 minutes. Drizzle cod lightly with **oil**. Broil on top oven rack until golden and cooked through, 3-5 minutes (watch closely).



5. Dress cod

Finely grate **1/2 teaspoon lemon zest** and squeeze **2 teaspoons lemon juice** into a small bowl. Whisk in **1 tablespoon oil**. Stir in **olives** and **scallion dark greens**. Season to taste with **salt** and **pepper**. Carefully remove **cod** from oven, then pour dressing over top, swirling to warm dressing.



6. Finish salad & serve

Add **spinach** to bowl with **cucumbers**, tossing to combine. Season **orzo** to taste with **salt** and **pepper**. Serve **cod** with **garlic-scallion orzo** and **spinach salad** alongside. Spoon **warm dressing** over top. Enjoy!