

MARLEY SPOON



Cod Provençal

with Garlic Roasted Potatoes

 30min  2 Servings

Delicate and flakey cod couldn't pair better with Provençal sauce, a tomatoey sauce infused with the French countryside flavors of herbs de Provence. Briny capers and olives bring brightness to the plate, while garlic roasted potatoes make a simply delicious rustic side.

What we send

- 2 Yukon gold potatoes
- ¼ oz granulated garlic
- 1 yellow onion
- 1 bell pepper
- garlic
- 1 oz capers
- ¼ oz herbs de Provence
- 14½ oz can whole peeled tomatoes
- 10 oz pkg cod filets ¹
- 1 oz Kalamata olives

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 450kcal, Fat 10g, Carbs 61g, Protein 35g



1. Roast potatoes

Preheat oven to 450°F with a rack in the upper third.

Scrub **potatoes** and slice into ½-inch thick rounds. Toss on a rimmed baking sheet with **a generous drizzle of oil, 1 teaspoon granulated garlic, and a pinch each of salt and pepper**. Roast on upper oven rack until well browned on the bottom, 10-15 minutes.



4. Simmer sauce

Stir in **tomatoes** and **½ cup water**; break up tomatoes with a spoon. Bring to a simmer. Reduce heat to medium-low and simmer until slightly thickened and flavors have melded, 10-15 minutes.



2. Prep ingredients

Meanwhile, halve **onion** and thinly slice into ¼-inch thick strips. Halve **pepper**, discard stem and seeds, and slice into ¼-inch thick strips. Finely chop **2 teaspoons garlic**.



5. Cook fish

Pat **fish** dry and season all over with **salt** and **pepper**.

When **potatoes** have roasted 10-15 minutes, carefully flip and push to one side. Add fish to open side and drizzle with **oil**. Roast on upper oven rack until potatoes are browned and crisp and fish is cooked through, about 10 minutes.



3. Cook onions

Heat **1 tablespoon oil** in a medium skillet over medium. Add **onions, peppers, and a pinch of salt**; cook, stirring, until softened, 3-4 minutes (add a drizzle of oil if skillet looks dry). Add **chopped garlic, capers, and 2 teaspoons herbs de Provence**; cook, stirring, until fragrant, 1 minute.



6. Finish & serve

Stir **olives** into **sauce**. Season to taste with **salt** and **pepper**.

Serve **cod Provençal** with **sauce** spooned over top and **garlic potatoes** alongside. Enjoy!