



Oven-Fried Fish & Chips

with Green Beans & Dijon Aioli



40-50min



2 Servings

We channeled the flavors and textures of fish and chips into this easy oven-roasted meal. Potato wedges roast in the oven until deeply golden (all ovens are different, so use your eyes and judgment for when your potatoes have that lovely golden crust) and fish gets coated with a zesty seafood seasoning breadcrumb topping. There's a delicious Dijon mustard aioli on the side for dipping.

What we send

- 2 potatoes
- ½ lb green beans
- ¼ oz fresh parsley
- 1 lemon
- 2 oz mayonnaise ^{1,3}
- ¼ oz Dijon mustard
- ¼ oz seafood seasoning
- 10 oz pkg cod filets ²
- 1 oz panko ⁴

What you need

- kosher salt & ground pepper
- olive oil

Tools

- ovenproof skillet
- rimmed baking sheet

Allergens

Egg (1), Fish (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 45g, Carbs 65g,
Protein 34g



1. Prep ingredients

Preheat oven to 450°F with racks in the center and upper third. Scrub **potato**; cut in half lengthwise then into ½-inch thick wedges. Trim stem ends from **green beans**.



2. Roast potatoes

In a bowl, toss **potatoes** with **2 tablespoons oil** and season lightly with **salt**. Spread out on a rimmed baking sheet and roast on center rack until the bottoms are golden and crisp, about 20 minutes. Using a spatula, flip **potatoes** and move to one side without overlapping, making room for **green beans**.



3. Roast beans

Add **green beans** to same bowl and toss with **1 teaspoon oil** and season with **salt** and **pepper**. Add to empty half of baking sheet in a single layer and roast on center rack until **beans** are crisp-tender and **potatoes** are golden all over, 10-12 minutes (watch closely).

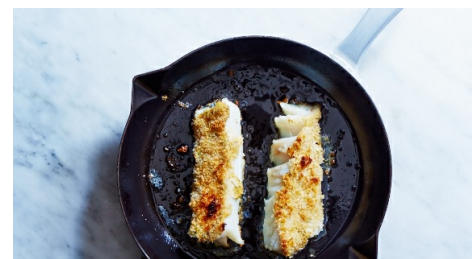


4. Make aioli and gremolata

Meanwhile, pick **parsley leaves** and finely chop. Zest **lemon** and cut into wedges.

In a small bowl, combine **mayonnaise**, **Dijon mustard**, and **half each of the parsley, lemon zest, and seafood seasoning**.

In another small bowl, combine **remaining parsley, lemon zest, and seafood seasoning**.



5. Cook fish

Pat **cod** dry. Spread **1½ tablespoons aioli** on top of cod. Place **panko** on a plate. Dip coated side of **fish** into **panko**, pressing to adhere. Heat **1 tablespoon oil** in a medium ovenproof skillet over high. Cook **fish**, panko side-up, until bottom is golden, about 3 minutes. Transfer to oven and roast on top rack until cooked through and flaky, about 2-4 minutes.



6. Finish

Switch oven to broil. Broil **cod** until golden, 1-3 minutes (watch closely as broilers vary). Return **potatoes** to bowl and toss with **gremolata**. Serve **cod** with **potatoes, green beans, remaining aioli**, and **lemon wedges** for squeezing over. Enjoy!