



20 MINUTE MEAL

LOW CALORIE

Oven-Roasted Cod

with Tomato, Zucchini & Chimichurri



ca. 20min



2 Servings

We're holding on to the bright, fresh flavors of summer with this dish. We combine delicate roasted cod with tender zucchini, about-to-burst tomatoes, and crusty garlic bread. The finishing touch is chimichurri, a zippy sauce made from parsley, cilantro, garlic, vinegar, and spices—a condiment that's sure to punch up any meal.

What we send

- 1 container grape tomatoes (use half)
- garlic (use 2 large cloves)
- 1 zucchini
- 10 oz pkg cod fillets ⁴
- 2 ciabatta rolls ^{1,6}
- 4 oz chimichurri

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium cast-iron or ovenproof nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 16g, Carbs 79g, Proteins 38g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Cut **half of the tomatoes** in half (save rest for own use). Peel **2 large garlic cloves**; thinly slice one clove, and leave the second clove whole. Cut **zucchini** in half lengthwise, then cut into ½-inch thick half-moons; discard ends.



4. Sear cod

Heat an additional **1 tablespoon oil** in same skillet. Add **cod** and cook, undisturbed, about 1 minute. Add **sliced garlic** and cook, stirring around the fish, until fragrant, about 10 seconds. Add **tomatoes**, season lightly with **salt**, and cook, stirring around the fish, until just beginning to soften, about 1 minute.



2. Prep cod & ciabatta

Pat **cod** dry and season lightly with **salt** and **pepper**. Split **ciabatta rolls** horizontally, if necessary; brush cut-sides lightly with **oil** and place on a sheet of foil.



5. Roast cod

Return **zucchini** to skillet with **cod** and **tomatoes**. Roast on upper oven rack until tomatoes are softened, and cod just flakes with a fork, 5-7 minutes. Remove from oven; switch oven to broil.



3. Cook zucchini

Heat **1 tablespoon oil** in a medium cast-iron or ovenproof nonstick skillet over high. Add **zucchini** in a single layer, season lightly with **salt** and **pepper**, and cook, turning once, until browned, but not cooked through about 4 minutes. Transfer to a plate.



6. Toast ciabatta & serve

Broil **ciabatta rolls** on upper oven rack until golden and crusty, turning once, 2-3 minutes (watch closely, as broilers vary). Transfer bread to a cutting board and rub cut sides with **whole garlic clove**; cut each in half. Serve **cod and vegetables** with **garlic bread**, and **some of the chimichurri sauce** on the side. Enjoy!