

MARLEY SPOON



Garlic & Herb Cod

with Roasted Peppers & Onion

 20-30min  2 Servings

This simple weeknight dinner comes together in under 30 minutes, all in one pan. Those are reasons enough to love it, but it also packs a seriously bold flavor punch, thanks to the smoked paprika, fresh thyme, garlic, and lemon that season the fish and vegetables. There will be plenty of lemony dressing leftover – the perfect dip for toasted ciabatta served alongside.

What we send

- 1 bell pepper
- 1 medium red onion
- 1 lemon
- ¼ oz fresh thyme
- garlic (use 2 large cloves)
- smoked paprika (use 1½ tsp)
- 10 oz pkg cod fillets ⁴
- 2 ciabatta rolls ^{1,6}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium ovenproof skillet
- microplane or box grater

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 750kcal, Fat 36g, Carbs 69g, Protein 37g



1. Prep ingredients

Preheat broiler with rack 6 inches from heat source. Halve **pepper** lengthwise, remove stem and seeds. Halve, peel and cut **all of the onion** into ½-inch thick wedges. Squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pick and coarsely chop **2 teaspoons thyme leaves**; discard stems. Peel and finely grate **½ teaspoon garlic**.



4. Cook fish

Once **peppers and onions** have softened, flip vegetables, then place **fish** alongside onions and peppers in the skillet. Transfer skillet to upper oven rack and broil until fish is lightly browned and opaque in the center, 3-5 minutes (watch closely, as broilers vary). Remove from oven.



2. Cook peppers & onions

In a medium ovenproof skillet, toss **peppers and onions** with a **generous pinch each salt and pepper** and **1 tablespoon oil**. Broil on upper oven rack until peppers are softened, about 5 minutes (watch closely, as broilers vary).



5. Toast ciabatta

Split **ciabatta**. Drizzle cut sides lightly with **oil**, then broil directly on upper oven rack (or on a rimmed baking sheet, if desired) until lightly toasted, 1-2 minutes per side (watch closely, as broilers vary).



3. Season fish

While **peppers and onions** broil, pat fish dry. In a small bowl, stir to combine **grated garlic, chopped thyme leaves, 2 tablespoons oil**, and **1 teaspoon of the smoked paprika**. Rub **fish** all over with **paprika oil**, then sprinkle with **salt and pepper**.



6. Finish & serve

In a small bowl, stir to combine **lemon juice, ½ teaspoon of the smoked paprika**, and **2 tablespoons oil**. Season to taste with **salt and pepper**. Spoon **some of the lemon dressing** all over **fish and veggies**. Squeeze **fresh lemon** over top of **fish**, if desired. Serve with **ciabatta** alongside, and **remaining lemon dressing**. Enjoy!