



Za'atar Crusted Cod

with Roasted Beets & Carrots



30-40min



2 Servings

Za'atar spice makes everything nice, especially when it's used to season a crunchy panko coating for tender cod. Roasted carrots and beets provide a heart-healthy side dish drizzled with a creamy lemon sauce overtop.

What we send

- 6 oz carrots
- 2 red beets
- 1 lemon
- 1 oz panko ⁵
- ¼ oz za'atar spice blend ³
- 10 oz pkg cod filets ²
- 2 (1 oz) mayonnaise ^{1,4}
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper

Tools

- 2 rimmed baking sheets
- microplane or grater
- parchment paper

Allergens

Egg (1), Fish (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 41g, Carbs 46g, Protein 38g



1. Roast beets & carrots

Preheat oven to 425°F with racks in the upper and lower thirds. Scrub **carrots** and cut crosswise on a diagonal into ½-inch slices. Peel **beets** and slice into ½-inch thick wedges.

On a rimmed baking sheet, toss **beets and carrots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower rack until tender and browned in spots, 25-30 minutes, stirring halfway.



4. Make sauce & prep parsley

Meanwhile, in a small bowl, whisk together **lemon juice**, **remaining mayo**, **2 teaspoons water**, and **1½ teaspoons oil**. Add more water, ½ teaspoon at a time, if necessary to reach a drizzling consistency. Season to taste with **salt** and **pepper**.

Roughly chop **parsley leaves**, discarding stems.



2. Prep cod

Zest **half of the lemon** and squeeze **2 teaspoons juice**; cut remainder of lemon into wedges.

In a small bowl, combine **panko**, **lemon zest**, **za'atar**, and **1 tablespoon oil**, mixing well to combine.

Pat **fish** dry and season all over with **salt** and **pepper**. Spread **1 tablespoon mayo** over top of fish. Sprinkle **panko mixture** over **fish** and press to adhere.



5. Serve

Transfer **za'atar crusted cod** and **roasted vegetables** to plates and drizzle with **sauce**. Serve with **lemon wedges** alongside. Garnish with **chopped parsley**. Enjoy!



3. Cook fish and beets

Line a second rimmed baking sheet with parchment paper.

Transfer **fish** to parchment-lined baking sheet and roast on upper rack until fish is cooked through and **panko topping** is golden brown, about 15 minutes.



6. Rate your plate!

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