



Roasted Cod

with Leeks, Tomatoes, and White Beans

 30-40min  2 Servings

An elegant fish dinner can often be the easiest to prepare, and this one has all the ingredients cooking in one baking dish! Make sure to rinse leeks thoroughly in water to remove sand that is often caught between the layers. As you're adding vegetables and fish to the dish, remember to generously season each layer for great compounded flavor. Cook, relax, and enjoy!

What we send

- leeks
- fresh thyme
- lemon
- can cannellini beans
- cherry tomatoes

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 11g, Carbs 35g, Protein 53g



1. Prep ingredients

Preheat oven to 450°F. Remove ends and outer layer from leeks. Thinly slice white and light green parts. Place in a bowl of cold water and swish to remove dirt. Let dirt settle to the bottom of the bowl then remove leeks from water. Zest ½ of the lemon and juice all of the lemon into a small bowl.



2. Toss leeks

Toss leeks in a baking dish with lemon zest and juice and 1 tablespoon oil. Season with ½ teaspoon salt and pepper, and tuck thyme sprigs beneath leeks to flavor the leeks while cooking.



3. Cook leeks

Cover dish with foil and bake until leeks begin to soften, about 10 minutes.



4. Add beans and tomatoes

Meanwhile, rinse and drain cannellini beans. Remove baking dish from oven, uncover (reserve foil), and toss in beans and tomatoes. Season with ½ teaspoon salt and pepper.



5. Season cod

Season cod on both sides with salt and pepper and place on top of vegetables. Drizzle cod with 1 tablespoon oil and cover dish with foil.



6. Finish

Return dish to oven and bake until fish is opaque and cooked through, 10-15 minutes. Drizzle fish with more oil if desired. Enjoy!