



Our Family Pick! Oven-Fried Fish & Chips

with Green Beans and Dijon Aioli



20-30min



2 Servings

We channeled the flavors and textures of fish and chips without the effort (or mess!) of frying into an easy roasted meal. Potato wedges roast in the oven until deeply golden, and we coat the fish with a crunchy panko topping. Finish each zesty bite of fish with the delicious Dijon mustard aioli on the side for dipping.

What we send

- 2 russet potatoes
- ½ lb green beans
- ¼ oz fresh parsley
- 1 lemon
- 2 oz mayonnaise ^{3,6}
- 2 pkts Dijon mustard ¹⁷
- ¼ oz seafood seasoning
- 10 oz pkg cod ⁴
- 1 oz panko ^{1,6}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- ovenproof skillet

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 47g, Carbs 60g, Protein 34g



1. Prep ingredients

Preheat oven to 450°F with racks in top two positions. Scrub **potatoes**; 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 the middle 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 the empty half of the baking sheet in a single layer and roast 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. Make **aioli**: in a small bowl, combine **mayonnaise**, **Dijon mustard**, and **half each of the parsley, lemon zest, and seafood seasoning**. Make **gremolata**: in another small bowl, combine remaining parsley, lemon zest, and seafood seasoning.



5. Cook fish

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 an 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 firm, about 2-4 minutes.



6. Finish

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