



Oven-Fried Fish & Chips

with Green Beans and Dijon Aioli



20-30min



2 Servings

We channeled the flavors and textures of fish and chips into this easy oven-roasted meal. Potato wedges roast in the oven until deeply golden (all ovens are different, so use your eyes and judgment for when your potatoes have that lovely golden crust) and fish gets coated with a zesty Old Bay breadcrumb topping. There's a delicious Dijon mustard aioli on the side for dipping. Cook, relax, and e...

What we send

- seafood seasoning
- green beans
- lemon
- russet potatoes
- Dijon mustard ¹⁷
- fresh parsley
- 3,6
- 4
- 1,6

What you need

- kosher salt & ground pepper
- olive oil

Tools

- ovenproof skillet
- rimmed baking sheet

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 766kcal, Fat 38g, Carbs 66g, 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**.



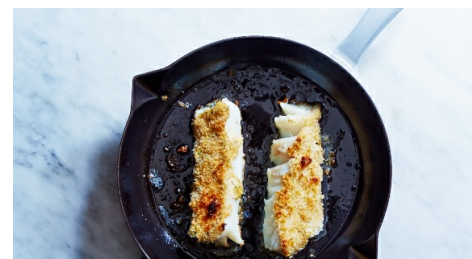
3. Roast beans

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 parsley, lemon zest**, and **Old Bay spice blend**. Make **gremolata**: in another small bowl, combine **remaining parsley, lemon zest**, and **Old Bay spice blend**.



5. Cook fish

Spread **1½ tablespoons aioli** on top of **pollock**. 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 **pollock** until golden, 1-3 minutes (watch closely as broilers vary). Return **potatoes** to the bowl and toss with **gremolata**. Serve **pollock** with **potatoes, green beans, remaining aioli**, and **lemon wedges** for squeezing over. Enjoy!