



## Oven-Baked Paprika Cod & Sweet Potatoes

with Broccoli & Horseradish-Dill Sauce

 45min  2 Servings

| This recipe is customized with sweet potatoes.

## What we send

- 1 yellow onion
- 1 sweet potato
- ¼ oz fresh dill
- ½ lb broccoli
- 10 oz pkg cod fillets <sup>4</sup>
- ¼ oz smoked paprika
- 2 (1 oz) sour cream <sup>7</sup>
- 1 oz horseradish <sup>6,12</sup>

## What you need

- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- medium baking dish
- rimmed baking sheet
- microwave

## Cooking tip

Using a mandoline instead of slicing the potatoes by hand is faster, and produces thin, even rounds.

## Allergens

Fish (4), Soy (6), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 540kcal, Fat 25g, Carbs 47g, Protein 33g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the upper third and center. Grease a medium baking dish. Halve and thinly slice **half of the onion**. Scrub and thinly slice **potato** into ¼-inch thick rounds (or thinner). Pick **dill fronds**; discard stems. Finely chop half of the dill. Cut **broccoli** into 1-inch florets; toss on a rimmed baking sheet with **salt, pepper, and 1 tablespoon oil**.



### 4. Cook broccoli

Switch oven to broiler.

Transfer **broccoli** to center oven rack (residual oven heat will cook broccoli). Broil **potatoes** on upper oven rack until beginning to brown, about 5 minutes (watch closely as broilers vary).



### 2. Cook potatoes

In a medium microwave-safe bowl, microwave **2 tablespoons butter** until melted. Add **potatoes** and **¾ teaspoon salt** and toss to coat. Season with **pepper**. Shingle potatoes in even layers in prepared baking dish. Pour **⅓ cup water** over potatoes. Bake, uncovered, on upper oven rack until potatoes are tender, 20-25 minutes.



### 5. Broil cod

Sprinkle **onions** over **potatoes**. Add **cod** over potatoes and onions, sauce side up. Broil until **broccoli** is browned in spots and cod is cooked through, 5-7 minutes.



### 3. Prep cod & make sauce

Pat **cod** dry and brush with **oil**. Sprinkle with **2 teaspoons paprika**; season all over with **salt** and **pepper**. In a small bowl, combine **chopped dill, all of the sour cream, 1½ teaspoons horseradish, 2 teaspoons water, ¼ teaspoon each of salt and sugar, and a pinch of pepper**. Brush one side of each fillet with **1½ teaspoons sauce** (reserve remaining sauce).



### 6. Finish & serve

Serve **cod** and **potatoes** with **broccoli** alongside and with **remaining horseradish sauce and whole dill fronds** over top. Enjoy!