



Pan-Roasted Cod with Sweet Potatoes

& Herb Butter



30min



2 Servings

Herb butter sounds like something you'd only find in fancy restaurants, but the truth is that it's easy and quick to make. The trick is to allow the butter to soften at room temperature so it can be easily mashed with fresh herbs and chopped onions. We spooned our fragrant herb butter onto tender cod for a special finish that's also delicious on the pan-roasted sweet potatoes served alongside.

What we send

- 2 sweet potatoes
- 1 yellow onion
- 1 lemon
- 3 oz baby spinach
- 10 oz pkg cod fillets ⁴
- ¼ oz fresh dill

What you need

- olive oil
- kosher salt & ground pepper
- 1 Tbsp butter, softened ⁷

Tools

- microplane or grater
- large ovenproof skillet

Cooking tip

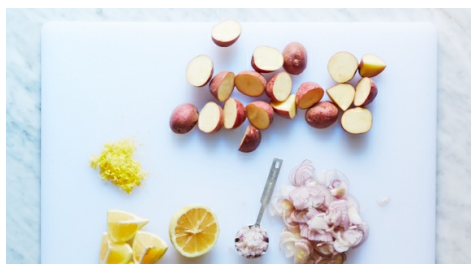
Set butter out to soften at room temperature at least 30 minutes before cooking.

Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

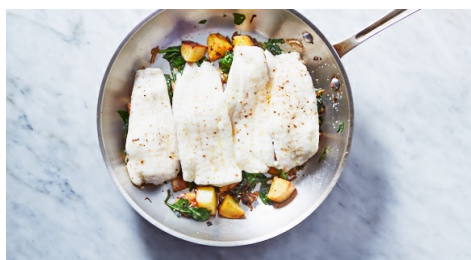
Nutrition per serving

Calories 510kcal, Fat 14g, Carbs 67g, Protein 32g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Scrub **sweet potatoes**, then cut into 1-inch pieces. Halve and thinly slice **¾ cup onion** (save rest for own use); finely chop 1 tablespoon of the onions, leaving the rest sliced. Finely grate **all of the lemon zest**, then cut half of the lemon into 4 wedges (save rest for own use).



4. Roast fish

Pat **cod** dry and brush lightly with **oil**; season all over with **salt** and **pepper**. Place cod on top of **vegetables** and roast on center oven rack until fish is just cooked through, 8-11 minutes.



2. Sauté vegetables

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **sweet potatoes** and cook, stirring occasionally, until lightly browned but not cooked through, about 7 minutes (reduce heat if browning too quickly). Stir in **sliced onions** and season with **salt** and **pepper**.



5. Make herb butter

Pick and coarsely chop **1 tablespoon dill fronds**; discard stems. In a small bowl, combine **chopped dill**, **chopped onions**, **1 tablespoon softened butter**, **½ teaspoon of the lemon zest** (reserve remaining for serving), and **a pinch each of salt and pepper**. Squeeze **1 lemon wedge** into bowl, and mash with a fork to combine.



3. Pan-roast vegetables

Transfer skillet to center oven rack and roast until **sweet potatoes** are tender, 10-12 minutes. Carefully remove from oven and stir in **spinach** to wilt slightly.



6. Finish & serve

Use a spatula to transfer **vegetables** and **cod** to plates (careful, the skillet is hot!). Dot **herb butter** on top of fish and sprinkle with **some of the reserved lemon zest**. Serve **cod and veggies** with **remaining lemon wedges** on the side for squeezing over. Enjoy!