





Chimichurri Cod

with Charred Summer Veggies

 20-30min  2 Servings

Healthy doesn't have to mean boring. Here, we crisp up mild cod fillets and serve them with a delicious pile of charred vegetables and vibrant chimichurri sauce. Juicy marinated tomatoes add pops of bright sweetness, while homemade smoked paprika breadcrumbs add a savory crunch.

What we send

- 1 zucchini
- 1 yellow squash
- 1 yellow onion
- 1 plum tomato
- ¼ oz fresh parsley
- ¼ oz fresh cilantro
- garlic
- 10 oz pkg cod filets ⁴
- 1 ciabatta roll ¹
- ¼ oz smoked paprika

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

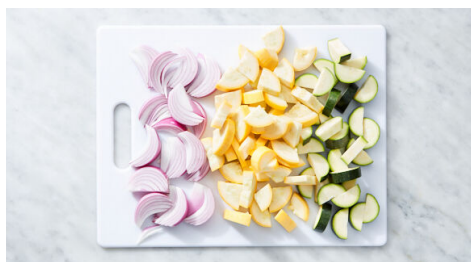
- rimmed baking sheet
- medium nonstick skillet

Allergens

Wheat (1), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

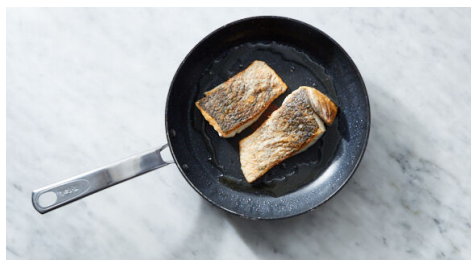
Calories 830kcal, Fat 65g, Carbs 31g, Protein 31g



1. Prep ingredients

Preheat broiler with racks in the center and upper third. Halve **zucchini** and **yellow squash** lengthwise; cut crosswise into ½-inch thick half moons. Halve **onion**; slice into ¼-inch thick wedges.

Grate **¼ teaspoon garlic** into a small bowl. Finely chop **parsley and cilantro leaves and stems**. Add to bowl along with **3 tablespoons oil** and **1 teaspoon vinegar**; stir to combine.



4. Sear fish

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **cod** and cook, pressing gently, until lightly browned, 2-3 minutes. Flip cod and continue to cook until just cooked through, 2-3 minutes more.



2. Broil veggies

Add **squash and onions** to rimmed baking sheet and toss with **2 tablespoons oil** and a **pinch each of salt and pepper**. Transfer to upper oven rack and broil until veggies are tender and charred, 10-12 minutes, flipping halfway through. Divide between plates; reserve baking sheet.



5. Make breadcrumbs

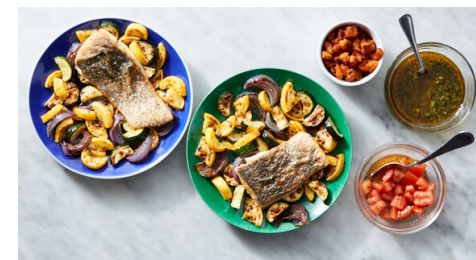
Tear **half of the bread** (save rest for own use) into small pieces about the size of peas. Toss with **2 tablespoons oil** and **1-2 teaspoons smoked paprika** (depending on taste preference). Transfer to same rimmed baking sheet used to cook veggies and broil on center oven rack until browned, 2-4 minutes (watch closely as they can burn easily).



3. Marinate tomatoes

Meanwhile, cut **tomato** into ½-inch pieces. In a small bowl, stir to combine **tomatoes, 1 tablespoon oil**, and **1 teaspoon vinegar**. Season to taste with **salt and pepper**; set aside until step 6.

Pat **fish** dry and season with **salt and pepper**.



6. Finish & serve

Season **chimichurri** to taste with **salt and pepper**.

Place **fish** on top of **charred veggies**. Spoon **some of the chimichurri** over top. Garnish with **marinated tomatoes** and **smoked paprika breadcrumbs**. Enjoy!