



## Herb-Roasted Cod

with Potato Wedges & Asparagus



30-40min



2 Servings

Whole-grain mustard is tangy and has a delightful texture thanks to whole mustard seeds. We combine this mustard with sweet honey, fresh rosemary, oil, and a splash of vinegar, which turns into a lively vinaigrette for flaky, roasted cod fillets. Crisp potatoes and asparagus roast alongside the fish for a sheet pan dinner that's easy to make and even easier to eat.



## What we send

- 2 Yukon gold potatoes
- ½ lb asparagus
- ¼ oz fresh rosemary
- 1 lemon
- 1 oz whole-grain mustard <sup>17</sup>
- ½ oz honey
- 10 oz pkg cod filets <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- balsamic (or white wine vinegar) <sup>17</sup>

## Tools

- rimmed baking sheet
- microplane or grater

## Allergens

Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 480kcal, Fat 19g, Carbs 49g, Protein 32g



### 1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until just beginning to get tender and browned underneath, about 20 minutes.



### 2. Prep ingredients

Trim tough ends from **asparagus**. Pick and finely chop **1½ teaspoons rosemary leaves**; discard stems. Finely grate **half of the lemon zest**, then cut lemon into wedges; reserve both for step 6.



### 3. Prep dressing

In a small bowl, whisk to combine **mustard**, **chopped rosemary leaves**, **honey**, **1½ tablespoons each of oil and vinegar**, **½ teaspoon salt**, and **a few grinds of pepper**.



### 4. Prep cod

Pat **cod** dry. Season fillets all over with **salt** and **pepper**.



### 5. Roast asparagus & cod

Flip **potatoes**; push to one side of baking sheet. Add **asparagus** to other side and drizzle lightly with **oil**; season with **salt** and **pepper**. Place **cod** between potatoes and asparagus, then spoon **1 tablespoon of dressing** over each fillet. Return to center oven rack and roast until cod is cooked through and asparagus and potatoes are tender, 8-10 minutes.



### 6. Finish & serve

Immediately, toss **potatoes** with **reserved lemon zest** (be careful, it's hot!). Place **cod** on plates and drizzle **remaining dressing** over top. Serve **potatoes** and **asparagus** alongside **cod** with **lemon wedges** on the side for squeezing over. Enjoy!