

MARLEY SPOON



Fast! Hot Honey-Glazed Cod

with Peach & Tomato Salad



ca. 20min



2 Servings

Fish with salad is one of the healthiest dinner choices, but there's no excuse for blandness. Sweet and spicy hot honey elevates this meal to new heights. Fresh peaches cook along with cod filets, which balances the juicy fruit. A lemony basil vinaigrette dresses the peppery arugula salad, along with fresh tomatoes, peaches, and shaved Parmesan.

What we send

- 1 lemon
- 2 oz basil pesto ⁷
- 1 peach
- 1 plum tomato
- ¾ oz Parmesan ⁷
- 10 oz pkg cod filets ⁴
- 5 oz arugula
- 2 (½ oz) Mike's Hot Honey

What you need

- olive oil
- kosher salt & ground pepper

Tools

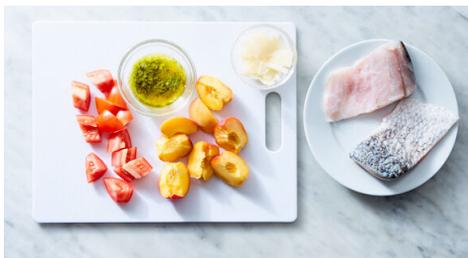
- microwave
- microplane or grater
- medium nonstick ovenproof skillet

Allergens

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

Nutrition per serving

Calories 470kcal, Fat 28g, Carbs 24g, Protein 34g



1. Prep ingredients

Into a large bowl, zest and juice **half of the lemon**. Whisk in **pesto** and **1 tablespoon oil**. Set aside until step 5.

Halve **peach** and discard pit. Cut **tomato** into ¾-inch thick wedges. Using a vegetable peeler or knife, shave **Parmesan**. Pat **cod** dry, then season all over with **salt** and **pepper**.



4. Assemble & serve

Add **arugula** to bowl with **basil vinaigrette**; toss and season to taste with **salt** and **pepper**. Cut **peaches** into wedges. Season **tomatoes** with **salt** and **pepper**.

Serve **arugula** with **fish, peaches, tomatoes**, and **Parmesan** over top. Cut **remaining lemon** into wedges and serve alongside. Enjoy!

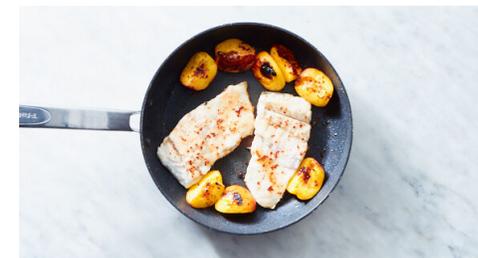


2. COD VARIATION

Preheat broiler with a rack in the upper third.

Heat **1 tablespoon oil** in a medium nonstick ovenproof skillet over medium-high. Add **fish** and cook until well browned on one side, 3-4 minutes.

Meanwhile, season **peaches** with **salt** and **pepper**.



3. Broil fish & peaches

Remove skillet from heat and add **peaches**, cut-side up. Brush tops of **cod** and peaches with **hot honey**.

Broil on upper oven rack until fish is cooked through and lightly browned and peaches are softened and browned in spots, 3-5 minutes.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!