DINNERLY

Cod en Papillote

with Buttery Potatoes, Spinach & Tomatoes

30-40min 2 Servings

Level up your dinner menu with this PremiYUM recipe! Don't let the fancy French name fool you—this meal is deceptively easy while tasting like a full five stars. Cod en papillote = cod in parchment, aka low stress and low mess. We build each packet with veggies and a delicate cod filet topped with butter infused with lemon, garlic, and thyme. Then just roast until it's all juicy, tender, and steaming. We've got you covered!

WHAT WE SEND

- ½ lb fingerling potatoes
- 5 oz baby spinach
- 1 plum tomato
- ¼ oz fresh thyme
- 10 oz pkg cod filets [1]
- 1 lemon

WHAT YOU NEED

- butter [2]
- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

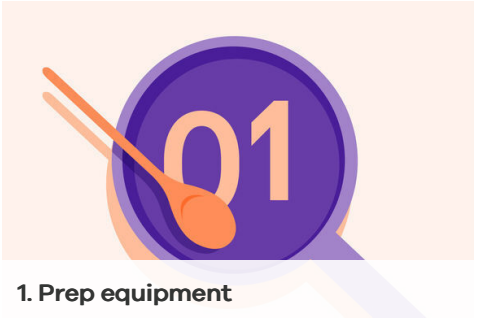
- rimmed baking sheet
- parchment paper (or aluminum foil)
- microwave
- microplane or grater

ALLERGENS

Fish (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 350kcal, Fat 14g, Carbs 26g, Protein 30g



1. Prep equipment

Preheat oven to 450°F with a rimmed baking sheet on a rack in the center.

Cut 2 pieces of parchment into 12x18-inch rectangles; lightly grease one side with **oil**.

Place **2 tablespoons butter** in a small bowl; set aside to soften.

2. Prep potatoes & spinach

Scrub **potatoes**, then halve lengthwise. Toss in a large microwave-safe bowl with **2 teaspoons oil** and **a pinch each of salt and pepper**. Microwave on high until slightly softened, 3–4 minutes.

Add **spinach** to bowl and microwave until slightly wilted, 1 minute more.

3. Prep ingredients & butter

Meanwhile, coarsely chop **tomato**. Finely chop **1 teaspoon each of garlic and thyme** . Pat **fish** dry and season all over with **salt** and **pepper**.

To bowl with **softened butter**, zest **½ teaspoon lemon**; cut lemon into wedges. Add **chopped garlic, thyme**, and **a pinch each of salt and pepper**; mash with a fork until combined.

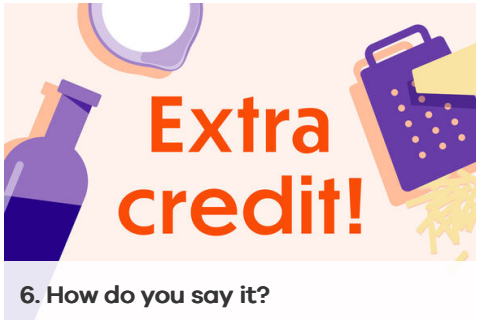
4. Build packets

When cool enough to handle, divide **potatoes and spinach** between parchment pieces. Divide **tomatoes** between parchment pieces; drizzle with **oil** and season with **salt** and **pepper**. Top each pile with **1 filet**. Gently spread **seasoned butter** over fish. Fold parchment over top and pinch edges all around to seal.

5. Bake & serve

Place packets on preheated baking sheet; roast on center oven rack until **fish** is just cooked through and **potatoes** are tender, about 15 minutes. Let sit 5 minutes, then carefully open packets and spoon **any juices** over fish.

Serve **cod en papillote** garnished with **a sprig of thyme**, if desired, and with **lemon wedges**. Enjoy!



6. How do you say it?

Oon-pah-pee-yote!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)
View the recipe online by visiting your account at dinnerly.com **#dinnerly**