

Panko-Crusted Cod

with Roasted Asparagus & Creamy Farro Salad

Alongside panko-coated cod fillets, we're serving up two incredible side dishes: roasted spring asparagus and creamy, vinaigrette-dressed farro. But what brings this meal together is the combination of two herbs. Both in the celery family, fragrant parsley and feathery dill blend and lightly contrast, creating heady complexity of flavor. We're featuring them most prominently in the farro, to bring out its nutty, earthy taste. But we're also using them as a beautiful, tasty garnish for the crispy cod and delicate, roasted asparagus.



Ingredients

- 4 Cod Fillets
- 1½ Cups Pearled Farro
- 1 Bunch Asparagus
- 1 Lemon
- 1 Large Bunch Dill
- 1 Large Bunch Parsley

Knick Knacks

- 2 Tablespoons Dijon Mustard
- 1 Shallot
- ½ Cup Panko Breadcrumbs
- ½ Cup Sour Cream

Makes 4 Servings

About 570 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Cook the farro:

Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **farro**. Cook 15 to 17 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Remove the cod from the refrigerator to bring to room temperature. Snap off and discard the tough, woody ends of the asparagus. Quarter and deseed the lemon. Pick the parsley and dill leaves off the stems; discard the stems and roughly chop the leaves. Combine the parsley and dill in a small bowl. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a small bowl with $\frac{1}{4}$ of the **mustard** and the **juice of all 4 lemon wedges**. Season with salt and pepper to taste.

3



Roast the asparagus:

While the farro continues to cook, place the **asparagus** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 8 to 10 minutes, or until slightly browned and tender. Remove from the oven and transfer to a serving dish.

4



Bread the cod:

While the asparagus roasts, place the **breadcrumbs** on a plate. In a medium bowl, combine the **remaining mustard** and **1 tablespoon of water**. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Spread some of the **mustard-water mixture** onto 1 side of each seasoned fillet; press the coated side into the breadcrumbs (shaking off any excess). Transfer to a plate.

5



Cook the cod:

While the asparagus continues to roast, in a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **cod fillets**, breaded sides down, and cook 2 to 4 minutes per side, or until golden brown and cooked through. Transfer to a serving dish.

6



Finish the farro & serve your dish:

To make the vinaigrette, whisk **2 tablespoons of olive oil** into the **shallot-mustard-lemon juice mixture** until well combined. To the pot of cooked farro, add the **sour cream**, **half the dill and parsley** and as much of the **vinaigrette** as you'd like (you may have extra); stir to combine and season with salt and pepper to taste. Transfer to a serving dish. Garnish the **roasted asparagus**, **cooked cod** and **finished farro** with the **remaining dill and parsley**. Enjoy!