

Parmesan & Panko-Crusted Cod

with Roasted Squash & Garlic Kale

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



We're topping flaky cod with layers of smooth dijon and cheesy Italian-seasoned breadcrumbs, then roasting it in the oven to achieve a beautifully golden brown crust—an easy technique that yields moist, flavorful results.

Ingredients

- | | |
|---|--|
|  2 Cod Fillets |  ¼ cup Panko Breadcrumbs |
|  1 Lemon |  1 Tbsp Dijon Mustard |
|  2 cloves Garlic |  ¼ cup Grated Parmesan Cheese |
|  1 Delicata Squash |  1 Tbsp Italian Seasoning* |
|  1 bunch Kale | |

*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

WW™ APPROVED



SmartPoints® value per serving



Scan this barcode in your WW app to track SmartPoints®.
Wine is not included in SmartPoints®

To learn more about WW and SmartPoints visit ww.com.
The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

CARB CONSCIOUS
600 CALORIES OR LESS
MEDITERRANEAN DIET



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Quarter lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into ½-inch pieces.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel **2 cloves of garlic**. Roughly chop one clove. Using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- Zest the **lemon** to get 1 teaspoon (or use the small side of a box grater). Quarter and deseed the lemon.
- To make the breadcrumb topping, in a bowl, combine the **breadcrumbs, garlic paste, lemon zest, half the cheese, half the Italian seasoning, the juice of 2 lemon wedges, and 2 teaspoons of olive oil**. Season with salt and pepper. Stir to thoroughly combine.



2 Start the squash

- Line a sheet pan with foil.
- Place the **squash pieces** on the foil; drizzle with **1 teaspoon of olive oil** and season with salt, pepper, and the **remaining Italian seasoning**. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 12 minutes. Leaving the oven on, remove from the oven.



3 Roast the fish & squash

- Meanwhile, pat the **fish** dry with paper towels. Transfer to a plate. Drizzle with ½ **teaspoon of olive oil** and season with salt and pepper; turn to coat.
- Carefully transfer to other side of the sheet pan of **partially roasted squash**.
- Evenly spread or brush the **mustard** onto the fish, then top with the **breadcrumb topping** (pressing to adhere).
- Roast 9 to 11 minutes, or until the squash is browned and tender when pierced with a fork and the fish is cooked through.* Remove from the oven.



4 Cook the kale & serve your dish

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add ¼ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat and stir in **the juice of the remaining lemon wedges**. Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **roasted squash** and **cooked kale**. Garnish the squash and kale with the **remaining cheese**. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 400, Total Carbohydrates: 34g, Dietary Fiber: 7g, Added Sugars: 0g, Total Fat: 16g, Saturated Fat: 4g, Protein: 36g, Sodium: 1040mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

[f](#) [t](#) [@](#) Share your photos with #blueapron

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

