

Baked Cod in Tomato Sauce

with Collard Greens & Roasted Potatoes

TIME: 40-50 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

In the fourth of our eight weeks of delicious Whole30® approved recipes, we're achieving irresistibly flaky results for hearty cod fillet by baking it over a tangy-sweet tomato and onion sauce. The sauce gets its aromatic flavor from briny capers, oregano, and hot red pepper flakes—balanced by a hearty duo of crispy potatoes and tender collards.

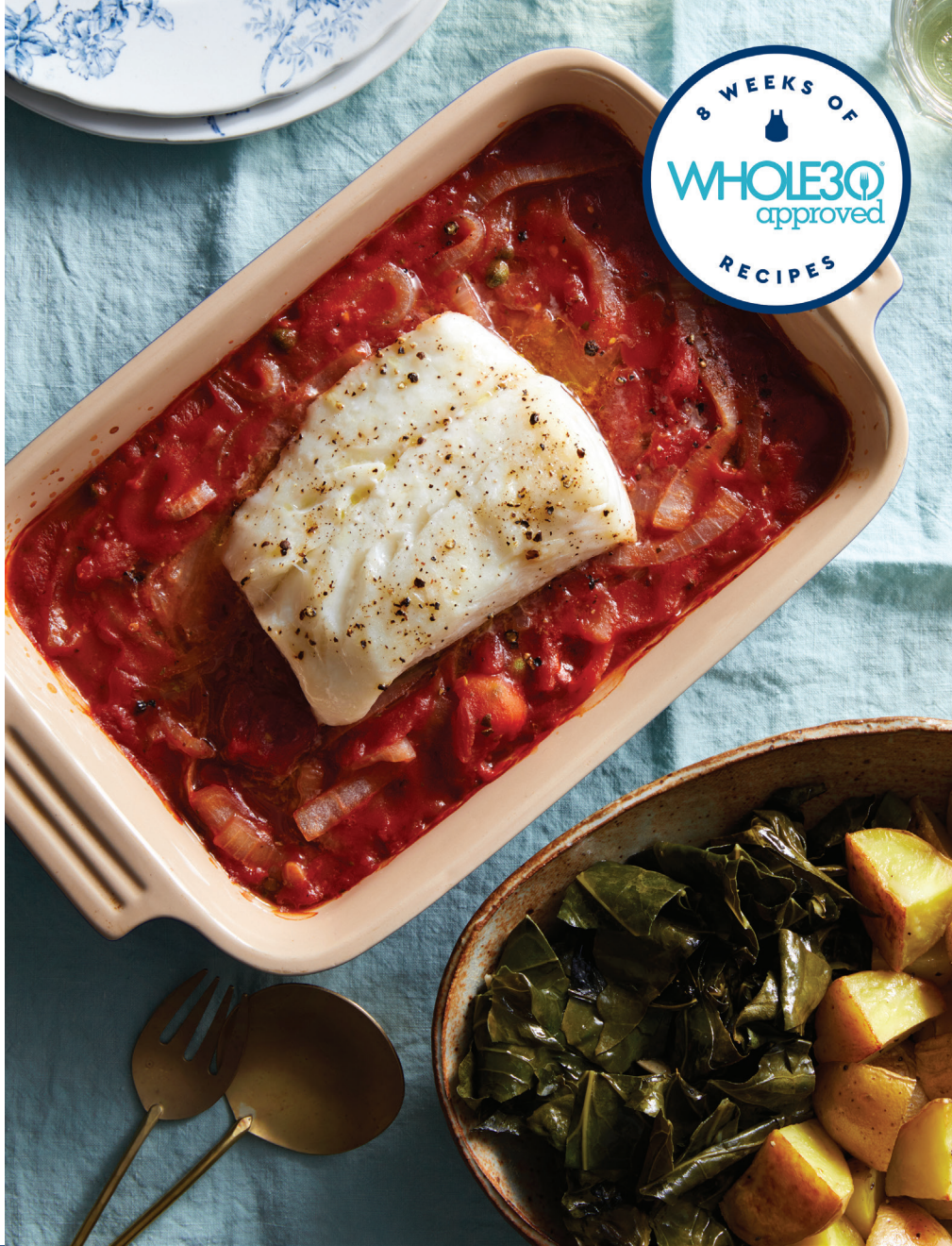


MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Whole30® guidelines do not permit alcohol consumption.



Ingredients



1 10 ¼ oz
COD FILLET



2 cloves
GARLIC



1
YELLOW ONION



1 bunch
COLLARD GREENS



¾ lb
YUKON GOLD
POTATOES



1 14-oz can
WHOLE PEELED
TOMATOES

KNICK KNACKS:



1 Tbsp
CAPERS



1 tsp
WHOLE DRIED
OREGANO



¼ tsp
CRUSHED RED
PEPPER FLAKES



1 Tbsp
WHITE WINE
VINEGAR



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and thinly slice the **onion**.
- ☐ Place the **tomatoes** in a bowl; gently break apart with your hands.
- ☐ Large dice the **potatoes**.
- ☐ Remove and discard the stems of the **collard greens**; roughly chop the leaves. Peel and roughly chop the **garlic**.



2 Make the sauce:

- ☐ In a medium pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- ☐ Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until fragrant.
- ☐ Turn off the heat. Stir in the **tomatoes, capers, oregano, and 2 tablespoons of water**. Season with salt and pepper to taste.
- ☐ Transfer to a baking dish and spread into an even layer.



3 Roast the vegetables:

- ☐ While the sauce cooks, place the **diced potatoes** on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- ☐ Place a large, rectangular piece of aluminum foil on a work surface.
- ☐ In a large bowl, combine the **chopped collard greens, chopped garlic, and 1 tablespoon of olive oil**. Season with salt and pepper.
- ☐ Transfer to one side of the foil and top with **1 tablespoon of water**. Fold the foil in half over the seasoned collard greens. Roll and crimp the 3 open edges inwards to completely seal the packet. Place the foil packet on the other side of the sheet pan.
- ☐ Roast 23 to 25 minutes, or until the potatoes are lightly browned and tender when pierced with a fork. Remove from the oven. Carefully transfer the foil packet to a work surface.



4 Bake the fish & sauce:

- ☐ While the vegetables roast, pat the **fish** dry with paper towels. Season with salt and pepper on both sides. Transfer to the baking dish of **sauce** and top with a drizzle of olive oil.
- ☐ Bake 18 to 20 minutes, or until the fish is cooked through. Remove from the oven.



5 Finish & serve your dish:

- ☐ Carefully open the foil packet of **cooked collard greens**; stir in the **vinegar**.
- ☐ Serve the **baked fish and sauce** with the finished collard greens and **roasted potatoes** on the side. Enjoy!