

Baked Cajun Cod

with Braised Cabbage
& Lemon-Garlic 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 last of our eight weeks of delicious
Whole 30® approved recipes, we're baking
Cajun-spiced cod on a bed of lemon slices to
give it even more bright, aromatic flavor—
complemented by bites of tangy-sweet
braised cabbage.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Whole30® guidelines do not permit
alcohol consumption.



Ingredients



1 10 1/4-oz
COD FILLET



1/2 lb
CABBAGE



1
APPLE



1
PINK LEMON



1 Tbsp
CAJUN SPICE
BLEND*



2
SCALLIONS



2
RUSSET POTATOES



1 clove
GARLIC



1
NAVEL ORANGE

* Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme, & Cayenne Pepper



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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 the **potatoes** crosswise into 1/4-inch-thick rounds.
- ☐ Using a peeler, remove the rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Halve the lemon crosswise. Thinly slice 1 half into rounds and keep the other half intact, discarding any seeds.



2 Bake the potatoes & fish:

- ☐ Line a sheet pan with aluminum foil. Lightly oil the foil. Place the **sliced potatoes** on the sheet pan. Drizzle with olive oil and season with salt and pepper. Turn to coat. Arrange in an even layer on one side of the sheet pan.
- ☐ Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat the fish (you may have extra spice blend).
- ☐ Place the **sliced lemon** on the other side of the sheet pan in an even layer. Top with the seasoned fish; drizzle with olive oil.
- ☐ Bake 20 to 22 minutes, or until the potatoes are tender when pierced with a fork and the fish is cooked through. Remove from the oven.
- ☐ Carefully transfer the baked potatoes to a large bowl.

3 Prepare the remaining ingredients:

- ☐ While the potatoes and fish bake, cut out and discard the core of the **cabbage**; thinly slice the leaves.
- ☐ Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and the green tops.
- ☐ Halve the **orange** crosswise; squeeze the juice into a bowl, straining out any seeds. Grate the **apple** on the large side of a box grater.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).



4 Braise the cabbage:

- ☐ While the potatoes and fish continue to bake, in a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced cabbage and white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- ☐ Reduce the heat to medium. Stir in the **orange juice, grated apple, and 1/4 cup of water**; season with salt and pepper.
- ☐ Cover and cook 10 to 12 minutes, or until the cabbage is softened and most of the liquid has cooked off. Turn off the heat. Season with salt and pepper to taste.



5 Finish the potatoes & serve your dish:

- ☐ To the bowl of **baked potatoes**, add the **lemon zest, the juice of the lemon half, a drizzle of olive oil, and as much of the garlic paste as you'd like**; gently stir to coat. Season with salt and pepper to taste.
- ☐ Serve the **baked fish** (discarding the sliced lemon) with the finished potatoes and **braised cabbage**. Garnish with the **sliced green tops of the scallions**. Enjoy!