

Sheet Pan Panko-Crusted Cod

with Roasted Potatoes & Lemon-Dressed Broccoli

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients



2 Cod Fillets 

SWAPPED FOR:



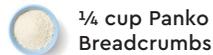
2 Skin-On Salmon Fillets 



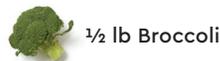
1 Lemon



1 Tbsp Italian Seasoning¹



1/4 cup Panko Breadcrumbs



1/2 lb Broccoli



1/4 cup Grated Parmesan Cheese



3/4 lb Potatoes



1 clove Garlic



1 Tbsp Dijon Mustard

 Serve with Blue Apron wine that has this symbol
blueapron.com/wine

 **2-8** PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 2-8 Points. Scan the barcode to see yours!

If you customized this recipe, your PersonalPoints may differ from what's above.



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPoints[™] program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

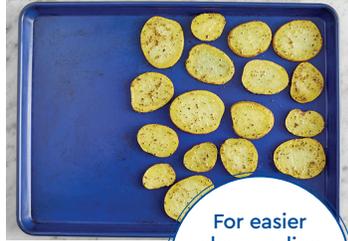
COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare & start the potatoes

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the **potatoes** into ¼-inch-thick rounds.
- Place in a large bowl; drizzle with **olive oil** and season with salt, pepper, and **half the Italian seasoning**. Toss to coat.
- Reserving the bowl, transfer the **seasoned potatoes** to a sheet pan; arrange in an even layer on one side.
- Roast 11 minutes.
- Leaving the oven on, remove from the oven.



For easier cleanup, line your sheet pans with foil.

2 Make the breadcrumb topping

- Meanwhile, peel 1 clove of **garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **breadcrumbs, garlic paste, half the cheese, the juice of 2 lemon wedges, 2 teaspoons of olive oil**, and the **remaining Italian seasoning**. Season with salt and pepper.



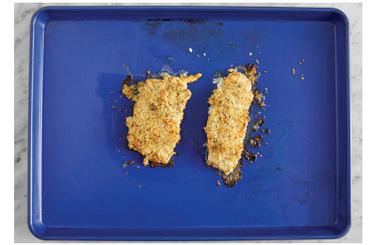
3 Prepare the broccoli & roast the vegetables

- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Transfer to the reserved bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Carefully transfer to the other side of the sheet pan of **partially roasted potatoes**. Arrange in an even layer.
- Roast 13 to 15 minutes, or until browned and tender when pierced with a fork.
- Leaving the oven on, remove from the oven.



4 Roast the fish

- Meanwhile, lightly oil the center of a separate sheet pan with **olive oil**.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the oiled portion of the sheet pan. Evenly spread or brush the **mustard** onto the fish, then top with the **breadcrumb topping** (pressing to adhere).
- Roast 8 to 10 minutes, or until the topping is browned and the fish is cooked through.*
- Remove from the oven.



↻ CUSTOMIZED STEP 4 If you chose Salmon

- Meanwhile, lightly oil the center of a separate sheet pan with **olive oil**.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the oiled portion of the sheet pan, skin side down. Evenly spread or brush the **mustard** onto the fish, then top with the **breadcrumb topping** (pressing to adhere).
- Roast 10 to 13 minutes, or until the topping is browned and the fish is cooked through.*
- Remove from the oven.

5 Finish the vegetables & serve your dish

- Evenly top the **roasted potatoes** with the **remaining cheese**.
- Return to the oven and roast 2 to 4 minutes, or until the cheese is melted.
- Remove from the oven.
- Carefully top the **roasted broccoli** with the **juice of the remaining lemon wedges**.
- Serve the **roasted fish** with the **finished vegetables**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

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