

Rosemary-Walnut Crusted Cod

with Roasted Potatoes & Brussels Sprouts

2 SERVINGS

⌚ 25-35 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 🔗 icon) and instructions tailored to you.*

Ingredients

Customized ingredients



SWAPPED FOR:



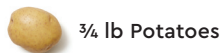
1 Lemon



2 tsp Honey



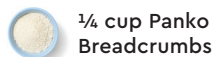
1 Tbsp Italian Seasoning¹



¾ lb Potatoes



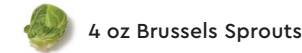
1 bunch Rosemary



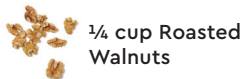
¼ cup Panko Breadcrumbs



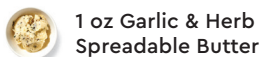
1 Tbsp Dijon Mustard



4 oz Brussels Sprouts



¼ cup Roasted Walnuts



1 oz Garlic & Herb Spreadable Butter



2 Tbsp Mayonnaise

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

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



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Remove the **spreadable butter** from the refrigerator to soften.
- Arrange two oven racks in the upper and lower thirds of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Pick the **rosemary** leaves off the stems; roughly chop the leaves.
- Finely chop the **walnuts**.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Cut the **potatoes** into 1/4-inch rounds.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **mayonnaise, mustard, honey** (kneading the packet before opening), and **chopped rosemary**; season with salt and pepper.
- In a separate bowl, combine the **breadcrumbs, chopped walnuts**, and **1 tablespoon of olive oil**; season with salt and pepper.



2 Roast & finish the vegetables

- Transfer the **halved brussels sprouts** and **potato rounds** to a sheet pan; drizzle with **olive oil** and season with salt, pepper, and the **Italian seasoning**. Toss to coat and arrange in an even layer.
- Place on the lower oven rack and roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a large bowl; add the **softened butter** and the **juice of 2 lemon wedges**. Stir to coat; taste, then season with salt and pepper if desired.



For easier cleanup, line your sheet pans with foil.

3 Prepare & roast the fish

- Meanwhile, transfer **half the rosemary mustard** to a bowl; set aside.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Transfer to a separate sheet pan. Evenly spread or brush the **remaining rosemary mustard** onto the **seasoned fish**, then top with the **walnut breadcrumbs** (pressing lightly to adhere).
- Place on the upper oven rack and roast 8 to 10 minutes, or until the topping is lightly browned and the fish is cooked through.*
- Remove from the oven.



CUSTOMIZED STEP 3 If you chose Salmon

- Follow the directions in Step 3, but roast 10 to 13 minutes, or until the topping is lightly browned and the fish is cooked through.*

4 Make the sauce & serve your dish

- Meanwhile, to the bowl of **reserved rosemary mustard**, add the **juice of 1 lemon wedge** (you will have extra); stir to combine.
- Serve the **roasted fish** with the **finished vegetables**. Top the fish with the **sauce**. 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.

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