

Sheet Pan Miso Butter & Panko-Crusted Cod

with Ponzu Mayo, Broccoli & Potatoes

2 SERVINGS | 30-40 MINS

 **Blue Apron**
blueapron.com

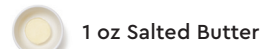
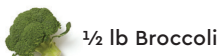
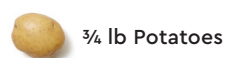
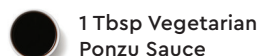
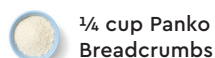
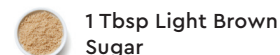
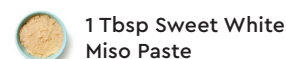


Ingredients*

Customized ingredients



SWAPPED FOR:



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the miso butter

- Remove the **butter** from the refrigerator to soften.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/2-inch rounds.
- Cut off and discard the bottom 1/2-inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel the **ginger**; using a zester or the small side of a box grater, finely grate to get 1 teaspoon (you may have extra).
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve the **lime** crosswise.
- In a bowl, combine the **softened butter, sugar, miso paste, grated ginger, garlic paste, and the juice of 1 lime half**. Season with salt and pepper. Using a fork, mash until thoroughly combined.



2 Roast the potatoes

- Transfer the **potato rounds** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 19 to 21 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

3 Roast the broccoli

- Meanwhile, place the **broccoli florets** on a separate sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer on one side of the sheet pan.
- Roast 6 minutes. Leaving the oven on, remove from the oven.



CUSTOMIZED STEP 3 If you chose Salmon

- Follow the directions in Step 3, but roast 4 minutes.

4 Roast the fish

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Carefully transfer to the other side of the sheet pan of **partially roasted broccoli**.
- Evenly spread the **miso butter** onto the fish, then top with the **breadcrumbs** (pressing gently to adhere). Season with salt and pepper. Drizzle with **olive oil** and season with salt and pepper.
- Roast 8 to 10 minutes, or until the broccoli is tender when pierced with a fork and the fish is cooked though.*
- Remove from the oven.



CUSTOMIZED STEP 4 If you chose Salmon

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Carefully transfer, skin side down, to the other side of the sheet pan of **partially roasted broccoli**.
- Evenly spread the **miso butter** onto the fish, then top with the **breadcrumbs** (pressing gently to adhere). Season with salt and pepper. Drizzle with **olive oil** and season with salt and pepper.
- Roast 10 to 13 minutes, or until the broccoli is tender when pierced with a fork and the fish is cooked though.*
- Remove from the oven.

5 Finish & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise** and **ponzu sauce**; season with salt and pepper.
- Evenly top the **roasted broccoli** with the **juice of the remaining lime half**; carefully stir to coat.
- Serve the **roasted fish** with the **roasted potatoes** and **finished broccoli**. Serve the **ponzu mayo** on the side. 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

Share your photos with #blueapron

