

Rosemary-Walnut Crusted Cod

with Roasted Potatoes & Green Beans

2 SERVINGS

25-35 MINS

 **Blue Apron**

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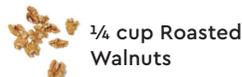
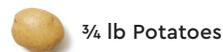
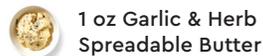
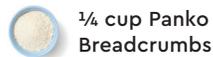


Ingredients*

Customized ingredients



SWAPPED FOR:



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.
- Cut the **potatoes** into ¼-inch rounds.
- Cut off and discard any stem ends from the **green beans**.
- Quarter and deseed the **lemon**.
- Pick the **rosemary** leaves off the stems; roughly chop the leaves.
- Finely chop the **walnuts**.
- 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 the potatoes

- Transfer the **potato rounds** to a sheet pan. Drizzle with **olive oil**; 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.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

3 Roast the fish & green beans

- Meanwhile, transfer **half the rosemary mustard** to a separate bowl; set aside.
- Place the **green beans** on a separate 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.



Step 3 continued:

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Transfer to the other side of the sheet pan of **seasoned green beans**.
- 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 green beans are tender when pierced with a fork, the topping is lightly browned, and the fish is cooked through.*
- Remove from the oven.

↻ CUSTOMIZED STEP 3 If you chose Salmon

- Meanwhile, transfer **half the rosemary mustard** to a separate bowl; set aside.
- Place the **green beans** on a separate 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.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Transfer to the other side of the sheet pan of **seasoned green beans**, skin side down.
- 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 10 to 13 minutes, or until the green beans are tender when pierced with a fork, the topping is lightly browned, and the fish is cooked through.*
- Remove from the oven.

4 Make the sauce & serve your dish

- Meanwhile, to the bowl of **reserved rosemary mustard**, add the **juice of 1 lemon wedge**; stir to combine.
- Transfer the **roasted potatoes** and **roasted green beans** to a bowl; add the **softened butter** and the **juice of 2 lemon wedges** (you will have extra). Stir to coat; taste, then season with salt and pepper if desired.
- 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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