

Za'atar-Spiced Cod & Harissa Mayo

with Roasted Potatoes & Marinated Onion

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients



2 Cod Fillets 

SWAPPED FOR:



2 Skin-On Salmon Fillets 



1 oz Castelvetrano Olives



1 1/2 Tbsps Red Harissa Paste



1 Tbsp Za'atar Seasoning¹



3/4 lb Potatoes



2 cloves Garlic



1 bunch Mint



2 Tbsps Mayonnaise



1 Red Onion



1 Zucchini



2 Tbsps Rice Vinegar



2 tps Honey



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



6-11

PersonalPoints[™]
range per serving

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Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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

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1. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano
*Ingredients may be replaced and quantities may vary.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Large dice the **potatoes**.
- Halve, peel, and small dice the **onion**.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **olives**.
- Pick the **mint** leaves off the stems.
- In a bowl, combine the **harissa paste** and **mayonnaise**. Season with salt and pepper.



2 Roast the potatoes

- Place the **diced potatoes** on a sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 20 to 22 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Marinate the onion

- Meanwhile, in a medium bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar**.
- Add **half the diced onion**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.



4 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** and **remaining diced onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



Step 4 continued:

- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

5 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and **half the za'atar** (you will have extra).
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 2 to 3 minutes per side, or until lightly browned and cooked through.*
- Turn off the heat.



CUSTOMIZED STEP 5 If you chose Salmon

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides. Season only on the skinless side with **half the za'atar** (you will have extra).
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Turn off the heat.

6 Finish the marinated onion & serve your dish

- Meanwhile, to the bowl of **marinated onion**, add the **chopped olives**, **half the mint leaves** (tearing just before adding), and a drizzle of **olive oil**. Season with salt and pepper. Stir to combine.
- Divide the **harissa mayo** between two plates; spread into an even layer. Top with the **roasted potatoes**, **cooked vegetables**, **cooked fish**, and **finished onion** (including the liquid). Garnish with the **remaining mint leaves** (tearing just before adding). Enjoy!



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

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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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