

# Rosemary-Walnut Crusted Cod

with Roasted Potatoes & Brussels Sprouts

2 SERVINGS

⌚ 30-40 MINS

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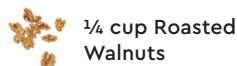
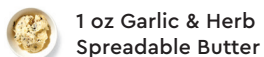
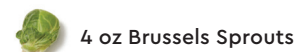
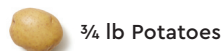
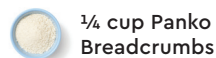


## Ingredients\*

Customized ingredients



SWAPPED FOR:



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<sup>1</sup> 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 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 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 gently 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

- 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, skin side down.
- Evenly spread or brush the **remaining rosemary mustard** onto the **seasoned fish**, then top with the **walnut breadcrumbs** (pressing gently to adhere).
- Place on the upper oven rack and roast 10 to 13 minutes, or until the topping is lightly browned and the fish is cooked through.\*
- Remove from the oven.

## 4 Finish 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 **finished sauce**. 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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