



PARMESAN-CRUSTED COD

with Herbed Potatoes and Carrots



HELLO

PARMESAN CRUST

Like cheesy garlic bread, but crumbled into garnish form



Yukon Gold Potatoes



Carrot



Parsley



Panko Breadcrumbs
(Contains: Wheat)



Cod
(Contains: Fish)



Garlic



Lemon



Parmesan Cheese
(Contains: Milk)



Dried Oregano

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 512

START STRONG

Don't skip oiling the baking sheet—even a very light layer of oil will help prevent the fish from sticking and keep your fillets intact and picture-perfect.

BUST OUT

- Medium pot
 - Strainer
 - Peeler
 - Zester
 - Small bowl
 - Paper towel
 - Baking sheet
 - Olive oil (4 tsp | 7 tsp)
 - Butter (1 TBSP | 2 TBSP)
- (Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Garlic 2 Cloves | 4 Cloves
- Carrot 1 | 2
- Lemon 1 | 1
- Parsley ¼ oz | ¼ oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Dried Oregano 1 tsp | 2 tsp
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Cod 12 oz | 24 oz

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1 PREHEAT OVEN AND BOIL POTATOES

Wash and dry all produce. Preheat oven to 400 degrees. Cut **potatoes** into 1-inch cubes. Put in a medium pot with enough **water** to cover by an inch and a large pinch of **salt**. Bring to a boil and cook until pierced easily with a knife, about 15 minutes (keep an eye on time—you'll be adding carrots to the pot after 10 minutes).



4 BAKE COD

Pat **cod** dry with a paper towel. Place on a lightly oiled baking sheet. Brush each fillet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Put a thick layer of **panko crust** on top of each, pressing to adhere. Bake in oven until cod flakes when poked with a fork, 10-12 minutes. **TIP:** For an extra-crispy crust, heat broiler and broil baked fillets for an additional minute.



2 PREP

Meanwhile, mince or grate **garlic**. Peel **carrot** and cut into 2-inch-long pieces. Quarter each piece lengthwise to create sticks. Zest **lemon**, then cut into wedges. Pick **parsley leaves** from stems and roughly chop.



5 FINISH CARROTS AND POTATOES

After **potatoes** have boiled about 10 minutes, add **carrots** to pot. Boil until just tender, 5-6 minutes. Drain. Return **carrots** and **potatoes** to pot. Toss in **1 TBSP butter**, remaining **garlic**, and a large pinch of **parsley**. Season with **salt** and **pepper**. Return pot to heat and toss until garlic is fragrant, 1-2 minutes.



3 MAKE PANKO CRUST

Combine **Parmesan**, **oregano**, **lemon zest**, **panko**, half the **garlic**, and a drizzle of **olive oil** in a small bowl. Season with **salt** and **pepper**.



6 PLATE

Divide **carrots** and **potatoes** between plates and serve next to **cod**. Garnish with remaining **parsley** and add a **lemon** wedge or two to each plate for squeezing over.

NICE CATCH!

Whoever said cooking fish at home wasn't easy?