



DEC
2016

Parmesan and Herb-Crusted Cod with Buttery Potatoes and Carrots

Flaky cod gets a crunchy twist with an Italian seasoning, panko, and Parmesan crust. Sweet carrots and hearty potatoes are tossed with butter and parsley to keep you satisfied (and away from the snack drawer later).

 Prep
30 min

 level 1

 make me
first



Cod



Mini Yukon
Potatoes



Parsley



Panko Breadcrumbs



Baby Carrots



Garlic



Italian Seasoning



Parmesan Cheese



Lemon

Ingredients

		4 People
Cod	1)	2 pkg (570 g)
Mini Yukon Potatoes		2 pkg (680 g)
Parsley		1 pkg (14 g)
Panko Breadcrumbs	2)	1 pkg (½ cup)
Baby Carrots		1 pkg (454 g)
Garlic		2 pkg (20 g)
Italian Seasoning		1 pkg (1 tsp)
Parmesan Cheese	3)	1 pkg (½ cup)
Lemon		1
Butter*	3)	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Milk/Lait

Tools

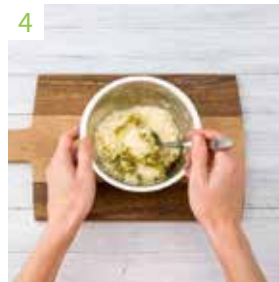
2 Baking sheets, Medium Bowl, Large Bowl, Zester

Ruler

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Nutrition per person Calories: 479 cal | Fat: 13 g | Protein: 39 g | Carbs: 55 g | Fiber: 8 g | Sodium: 522 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 450°F. (To bake the veggies and fish.)
Start prepping when the oven comes to temperature.

2 Roast the veggies: Wash and dry all produce. Halve the **potatoes** (or quarter them if they are large). Toss the **potatoes** and **carrots** on a baking sheet with drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-30 min.

3 Prep: Meanwhile, mince or grate the **garlic**. Chop the **parsley**. Zest the **lemon** and cut into wedges.

4 Prepare the fish: In a medium bowl, combine the **Parmesan**, **Italian seasoning**, **lemon zest**, **panko**, **half the garlic** and a drizzle of **oil**. Season with **salt** and **pepper**. Arrange the **fish fillets** on a second parchment-lined baking sheet. Dividing the **panko mixture** over the fillets, and press down gently. (The topping will be loose!) Bake in the centre of the oven until the fish easily flakes with a fork, 8-10 min.

5 In a large bowl, toss the **roasted veggies** with the **butter**, **remaining garlic** and **parsley**. Season with **salt** and **pepper**.

6 Finish and serve: Plate the **fish** with the **potatoes** and **carrots** to the side. Finish with squeeze of **lemon** and any **remaining parsley**, if desired. Enjoy!

KID-FRIENDLY TIP: Omit the parsley from the veggies if your kids don't like it!

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