

Webfid00334hero panfriedlemoncod 295

Baked Lemon Cod with

Crispy Potato Bites and Pesto Veggies



30-40min



4 Portions

This tasty meal is perfect for when you fancy fish and chips, but want a lighter version. The simple, zesty marinade makes the baked fish something really special, the golden potatoes are lovely and tender, and the basil pesto greens are the perfect healthy side. Dig in!

What we send

- basil pesto ¹⁵
- cod fillet ⁴
- green peas
- baby chat potatoes
- lemon
- broccoli

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
- Colander
- grater
- large saucepan
- oven trays

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Alternatively, toss the vegetables in 2-3 tsp of butter and serve the pesto separately for whoever likes it.

Allergens

Fish (4), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 630.0kcal, Fat 21.5g, Proteins 48.3g, Carbs 51.2g



1. Roast potatoes

Preheat oven to 220C. Line an oven tray with baking paper. Cut **potatoes** into quarters or bite-sized pieces if larger, and place on lined tray. Drizzle with 1 tbs **oil** and sprinkle with ½ tsp **sea salt** and toss to combine. Roast for 25-30 mins until golden and tender, turning once during cooking.



4. Cook fish

Place **fish** on a second large oven tray lined with baking paper. Bake for 6-8 mins until golden and cooked through.



2. Prepare fish

Meanwhile, zest and juice half the **lemon**. Cut remaining half into wedges. Combine 2 tbs **lemon juice**, 2 tsp **zest** and 2 tbs **oil** in a shallow dish. Season with **sea salt and pepper** to taste. Add **fish** and turn to coat. Set aside for 5 mins.



5. Cook vegetables

Meanwhile, cook the **broccoli** in the pan of boiling water for 2 mins. Add the **peas** and cook for a further 1-2 mins until all the vegetables are tender. Drain well.



3. Prepare vegetables

Meanwhile, bring a large saucepan of water to the boil for the vegetables. Trim end from **broccoli**. Dice the stalk and cut the top into florets.



6. Get ready to serve

Return the **vegetables** to the pan and add half the **pesto** (see cooking tip). Toss gently to combine. Divide the **potatoes** and **fish** between plates and serve accompanied by the pesto vegetables, with remaining pesto on top of the fish, if liked. Serve with **lemon wedges**.