



Oven-Roasted Cod

with Tomato, Zucchini & Chimichurri



ca. 20min



2 Servings

Chimichurri sauce is a fresh, raw sauce made from finely chopped parsley, garlic, vinegar, and spices. The sauce is the perfect compliment to fish and veggies, adding a bright, slightly acidic herbaceous flavor to delicate roasted cod, and tender sautéed zucchini.

LOW CALORIE

What we send

- cherry tomatoes
- chimichurri
- garlic
- zucchini

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium ovenproof skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 620.0kcal, Fat 16.0g, Proteins 37.0g, Carbs 82.0g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Cut **half of the tomatoes** in half (save rest for own use). Peel **2 large garlic cloves**; thinly slice one clove, and leave the second clove whole. Cut **zucchini** in half lengthwise, then cut into ½-inch half-moons



4. Sear cod

Heat an additional **1 tablespoon oil** in same skillet. Add **cod** and cook without moving, 1 minute. Add **sliced garlic** and cook, about 10 seconds. Add **tomatoes**, season lightly with **salt**, and cook until just beginning soften, about 1 minute.



2. Prep ciabatta & cod

Pat **cod** dry and season lightly with **salt** and **pepper**. Split **ciabatta rolls**, if necessary, and brush cut-sides lightly with **oil**. Place on a sheet of foil.



5. Roast cod

Return **zucchini** to skillet with **cod** and **tomatoes**. Roast in the upper third of oven until tomatoes are softened, and cod just flakes with a fork, 5-7 minutes. Remove from oven; switch oven to broiler.



3. Cook zucchini

Heat **1 tablespoon oil** in a medium cast-iron or other ovenproof nonstick skillet over high. Add **zucchini** in a single layer, season lightly with **salt** and **pepper**, and cook until browned, but not cooked through, turning once, about 4 minutes. Transfer to a plate.



6. Toast ciabatta & serve

Broil **ciabatta rolls** on the upper oven rack until golden and crusty, turning once, 2-3 minutes (watch closely as broilers vary). Transfer bread to a cutting board and rub cut-sides with **whole garlic clove**. Serve **cod and vegetables** with **garlic bread**, and **some of the chimichurri sauce** on the side. Enjoy!