



Pan-Roasted Pollock

with Potatoes and Herb Butter



20-30min



2 Servings

Herb butter sounds like something you'd only find in fancy restaurants, but the truth is that it's easy and quick to make. The trick is to allow the butter to soften at room temperature so it can be easily mashed with fresh herbs and chopped shallots. We spooned our fragrant herb butter onto tender pollock for a special finish that's also delicious on the pan-roasted potatoes served alongside. ...

What we send

- shallot
- lemon
- fresh chives
- baby spinach
- fresh dill
- yukon gold potatoes

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- large 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.

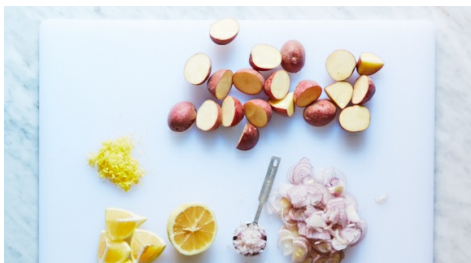
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

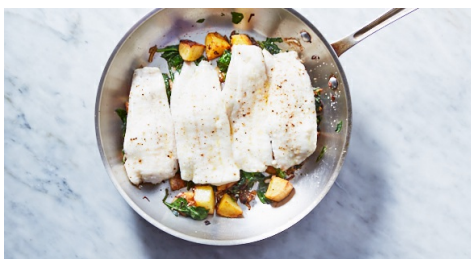
Nutrition per serving

Calories 418.0kcal, Fat 15.0g, Proteins 30.9g, Carbs 40.7g



1. Prep vegetables

Preheat oven to 425°F. Cut **potatoes** into 1-inch pieces. Trim ends from **shallot**, then halve, peel, and thinly slice. Finely chop **1 tablespoon shallot**, leaving **the rest** sliced. Zest **lemon**, then cut **half** into 4 wedges (save other half for own use).



4. Roast fish

Pat **pollock** dry; brush lightly with **oil** and season with **salt** and **pepper**. Place over **vegetables** and roast until cooked through, 6–10 minutes.



2. Sauté vegetables

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **potatoes** and cook, stirring occasionally, until lightly browned but not cooked through, about 7 minutes (reduce heat if browning too quickly). Stir in **sliced shallots** and season with $\frac{1}{4}$ **teaspoon salt** and **several grinds pepper**.



5. Make herb butter

Meanwhile, transfer **butter** to a bowl and mash to soften. Pick **dill fronds** from stem and chop **1 tablespoon**. Thinly slice **1 tablespoon chives** (save rest for own use). Add **herbs**, $\frac{1}{2}$ **teaspoon zest** (reserve **remaining zest** for garnish), **chopped shallot**, and a **pinch each salt** and **pepper**. Squeeze **1 lemon wedge** into bowl and mash to combine.



3. Pan-roast vegetables

Transfer skillet to the oven and roast until tender, 10–12 minutes. Remove from oven and stir in **baby spinach** to wilt slightly.



6. Finish & serve

Using a spatula, transfer **vegetables** and **fish** to plates. Dot **herb butter** on top, sprinkle with some of the **reserved zest**, and serve with **lemon wedges** for squeezing over. Enjoy!