



Oven-Fried Fish & Chips

with Green Beans and Dijon Aioli



30-40min



4 Servings

We channeled the flavors and textures of fish and chips into this easy oven-roasted meal. Potato wedges roast in the oven until deeply golden (all ovens are different, so use your eyes and judgment for when your potatoes have that lovely golden crust) and fish gets coated with a zesty Old Bay breadcrumb topping. There's a delicious Dijon mustard aioli on the side for dipping. Cook, relax, and e...

What we send

- Dijon mustard ¹⁷
- seafood seasoning
- fresh parsley
- russet potatoes
- lemons
- green beans

What you need

- kosher salt & ground pepper
- olive oil

Tools

- 2 rimmed baking sheets
- 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

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 743kcal, Fat 39g, Carbs 63g, Proteins 34g



1. Prep ingredients

Preheat oven to 450°F with racks in top two positions. Scrub **potatoes**; cut in half lengthwise then into ½-inch thick wedges. Trim stem ends from **green beans**.



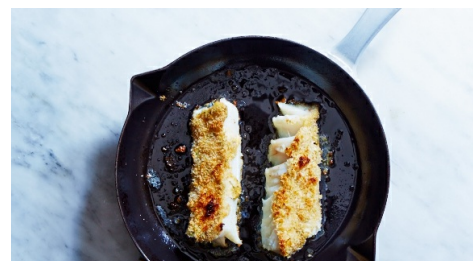
4. Make aioli and gremolata

Meanwhile, pick **parsley leaves** and finely chop. Zest **both lemons**; cut **1** into wedges. Make **aioli**: in a small bowl, combine **mayonnaise**, **2 tablespoons Dijon**, **1 teaspoon Old Bay spice blend**, and **half each parsley** and **lemon zest**. Make **gremolata**: in another bowl, mix **remaining parsley**, **lemon zest**, and **1 teaspoon Old Bay spice blend**.



2. Roast potatoes

In a bowl, toss **potatoes** with **3 tablespoons oil** and season lightly with **salt**. Spread out on a rimmed baking sheet and roast on the middle rack until the bottoms are golden and crisp, about 20 minutes. Using a spatula, flip **potatoes** and move to one side without overlapping, making room for **green beans**.



5. Cook fish

Spread **3 tablespoons aioli** on top of **pollock**. Place **panko** on a plate. Dip coated side of **fish** into **panko**, pressing to adhere. Heat **2 tablespoons oil** in an ovenproof skillet over high. Cook **fish**, **panko side-up**, until bottom is golden, about 3 minutes. Transfer to oven and roast on top rack until firm, 2-4 minutes.



3. Roast beans

Add **green beans** to same bowl and toss with 2 teaspoons oil and season with **salt** and **pepper**. Add to the empty half of the baking sheet in a single layer and roast until **beans** are crisp-tender and **potatoes** are golden all over, 10-12 minutes (watch closely).



6. Finish

Turn on broiler and broil **pollock** until golden, 1-3 minutes (watch closely as broilers vary). Return **potatoes** to the bowl and toss with **gremolata**. Serve **pollock** with **potatoes**, **green beans**, **remaining aioli**, and **lemon wedges** for squeezing over. Enjoy!