



Oven-Fried Fish & Chips

with Roasted Corn on the Cob



30-40min



2 Servings

If only one plate could summon all of the summertime feels, it would be this oven-fried fish, coated in crunchy cornmeal. The crispy cod is served alongside oven roasted potatoes, sweet summer corn, and tartar sauce for dipping.

What we send

- cod fillets ⁴
- mayonnaise ^{3,6}
- russet potato
- bread & butter pickles ¹²
- ear of corn
- paprika spice
- cornmeal
- garlic
- lemon

What you need

- all-purpose flour ¹
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater

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

Wheat (1), Egg (3), Fish (4), Soy (6), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1100kcal, Fat 37g, Carbs 152g, Proteins 56g



1. Roast potatoes & corn

Preheat oven to 450°F with racks in the upper and lower thirds. Scrub **potato**; cut into wedges. On a rimmed baking sheet, toss with **1 tablespoon oil**. Shuck **corn**, removing any strings, then rub with **oil** and add to baking sheet. Season vegetables with **salt** and **pepper**. Roast on lower rack until potatoes are golden and corn is tender, turning once, 20-25 minutes.



4. Cook cod

Carefully remove the preheated baking sheet from oven, and move the baking sheet with **potatoes and corn** to the upper rack. Add **cod** to the preheated baking sheet. Drizzle lightly with **oil**, and bake on lower oven rack, flipping fish once, until golden and cooked through, 12-13 minutes.



2. Prep cornmeal coating

Meanwhile, place a second rimmed baking sheet on the upper oven rack to preheat. In a shallow bowl, combine **cornmeal**, **¼ cup flour**, **2 teaspoons of the paprika**, **1½ teaspoons salt**, and **a few grinds pepper**.



5. Make tartar sauce

Meanwhile, finely chop **half of the pickles** (save rest for own use). Peel and finely grate **½ teaspoon garlic** into a small bowl. Into the same bowl, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**. Stir in chopped pickles and **mayonnaise**. Season to taste with **salt** and **pepper**.



3. Prep cod

In a second shallow bowl, beat **1 large egg** with **1 tablespoon water**. Pat **cod** dry. Dredge fish in **cornmeal mixture**, tapping off excess, then dip in **egg mixture**, letting excess drip back into bowl. Dip in cornmeal once more, tapping off excess.



6. Finish & serve

Cut **corn** in half. Serve **oven-fried cod** with **corn** and **potatoes** alongside, and the **tartar sauce** on the side for dipping. Enjoy!