



Roasted Pollock and Potatoes

with Green Beans & Lemon-Dill Butter



30-40min



2 Servings

Roasting fish is a great, nearly-one-pot way to get a delicious dinner on the table. Par-cooked Yukon gold potatoes and green beans are combined in a baking dish with tender pollock fillets. Add dill sprigs, lemon slices, and salted butter. Cover the dish with foil and bake for just 18 minutes! Sprinkle finished dish with fresh minced dill and lemon wedges. Cook, relax, and enjoy!

What we send

- 2 cloves garlic
- baby yukon potatoes
- green beans
- lemon
- fresh dill

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- medium saucepan

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 306.0kcal, Fat 9.3g, Proteins 29.4g, Carbs 24.3g



1. Parcook vegetables

Preheat the oven to 425°F. Lightly **oil** an 8-inch baking dish. Trim off ends of **green beans**. Cut **potatoes** into ½-inch thick slices. Place potatoes in a medium saucepan of **salted water**. Cover and bring to a boil. Uncover and cook 5 minutes. Add **green beans** and cook until both are just tender, 4-5 minutes more. Drain and transfer to prepared baking dish.



4. Assemble ingredients

Season **potatoes** and **green beans** with **salt** and **pepper**. Sprinkle with **chopped garlic**. Top with **remaining dill sprigs, pollock, and lemon slices**. Cut **butter** into small pieces and scatter over top. Cover the dish tightly with foil.



2. Prep ingredients

Thinly slice **half of the lemon** and cut the **remaining half** into wedges. Pick **dill fronds** from **half of the sprigs** and finely chop. Grate or finely chop **one clove of garlic** (reserve rest for your own use).



5. Bake pollock

Roast until **fish** flakes easily with a fork, 16-18 minutes. Remove foil.



3. Season pollock

Pat **pollock** fillets dry with paper towels and season generously with **salt** and **pepper**.



6. Finish

Carefully divide **pollock, potatoes, and green beans** between 2 plates and top with any **accumulated juices**. Discard **dill sprigs** and **lemon slices**. Garnish with **chopped dill** and a **drizzle of olive oil**. Serve with **lemon wedges** for squeezing over. Enjoy!