



In your box

1 oz. Butter
1 Lemon
4 oz. Grape Tomatoes
12 oz. Cod
1 oz. Grated Parmesan
¼ cup Panko Breadcrumbs
1 tsp. Sugar
5 oz. Spinach
1 oz. Shredded Mozzarella

CONTAINS milk, wheat, fish (cod)



Parmesan-Crusted Cod

with mozzarella-tomato spinach salad

NUTRITION per serving—Calories: 500, Carbohydrates: 19g, Fat: 32g, Protein: 37g, Sodium: 1746mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● ◻ ◻ ◻
Easy

Spice Level ◻ ◻ ◻ ◻
Not Spicy

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, 2 Mixing Bowls

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Preheat oven to **400 degrees**
- ☐ Set **butter** on counter to soften
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Zest and halve **lemon**. Quarter one half and juice the other half.
- Halve **tomatoes**.
- Pat **cod fillets** dry, and season both sides with ¼ tsp. **pepper**.



2

Make the Topping

- Combine **Parmesan**, **panko**, and softened **butter** in a mixing bowl. Mix until butter is thoroughly incorporated.



3

Roast the Cod

- Place **cod** on prepared baking sheet. Divide **topping** evenly between cod fillets, pressing firmly into place.
- Roast in hot oven until topping is golden brown and cod reaches a minimum internal temperature of 145 degrees, 16-20 minutes.
- While cod roasts, make vinaigrette.



4

Make the Vinaigrette

- In a large mixing bowl, combine 2 Tbsp. **olive oil**, 1½ Tbsp. **lemon juice**, **sugar**, a pinch of **lemon zest**, ½ tsp. **salt**, and ¼ tsp. **pepper**.
- Stir until sugar dissolves.



5

Toss the Salad

- Once **cod** is cooked, add **spinach**, **mozzarella**, and **tomatoes** to bowl with **vinaigrette**. Toss to coat.
- Plate dish as pictured on front of card, squeezing **lemon wedge** over cod if desired. Bon appétit!