



In your box

- ½ oz. Dijon Mustard
- 2 Green Onions
- 2 Russet Potatoes
- 8 oz. Green Beans
- 12 oz. Cod
- ¼ cup Pretzel Breading
- 1 ½ oz. Golden Italian Dressing
- 4 fl. oz. Light Cream

CONTAINS milk, wheat, soy, fish (cod)



Pretzel Roasted Cod

with Italian crispy potatoes

NUTRITION per serving—Calories: 594, Carbohydrates: 56g, Fat: 28g, Protein: 33g, Sodium: 1706mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
3 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Cooking Spray

Baking Sheet, Large Non-Stick Pan, Mixing Bowl, Small Non-Stick Pan

👑 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Dijon, green onions**



1

Start the Potatoes

- Cut **potatoes** into $\frac{3}{4}$ " dice.
- Place a large non-stick pan over medium heat. Add 1 tsp. **olive oil** and potatoes to hot pan. Stir occasionally until lightly browned, 4-6 minutes.
- Transfer potatoes to one half of prepared baking sheet. Spread into a single layer on their half and roast in hot oven, 10 minutes.
- Remove from oven. *Potatoes will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.
- While potatoes roast, prepare ingredients.



2

Prepare the Ingredients

- Trim and mince white portions of **green onions**. Slice remaining green portions on an angle.
- Trim ends off **green beans**.
- Pat **cod fillets** dry, and season both sides with a pinch of **salt**.



3

Finish Potatoes and Roast Cod

- Place **cod** on empty half of baking sheet. Spread half the **Dijon** (reserve remaining for sauce) on cod and top with **pretzel breading**. *You may not need all the breading.*
- Roast until **potatoes** are tender and cod reaches a minimum internal temperature of 145 degrees, 14-16 minutes.
- Transfer cooked potatoes to a mixing bowl and toss with **Italian dressing, green portions of green onions**, and a pinch of **salt**.
- While cod roasts, cook green beans.



4

Cook the Green Beans

- Return pan used to brown potatoes to medium-high heat.
- Add 1 tsp. **olive oil** and **green beans** to hot pan. Stir occasionally until slightly browned, 2-3 minutes.
- Add 2 Tbsp. **water** and a pinch of **salt**. Cover, and cook until tender, 3-4 minutes.
- Transfer green beans to a plate and tent with foil.



5

Cook the Sauce

- Place a small non-stick pan over medium heat.
- Add 1 tsp. **olive oil** and **white portions of green onions** to hot pan. Cook until slightly softened, 1 minute.
- Add **cream** and bring to a simmer. Cook until thickened, 1-2 minutes.
- Remove from burner and swirl in remaining **Dijon**.
- Plate dish as pictured on front of card, placing **cod** on top of sauce. Bon appétit!