

## **Gremolata-Crusted Cod**

with Roasted Mediterranean Veggies

This week, we are making a 'gremolata' but it's not as complicated as it might sound. An easy-to-create mixture of fresh parsley, garlic and lemon zest, gremolata is really popular in Italian cooking and we've added some breadcrumbs to give it a bit of crunch. Buonissimo!





level 1







Red Bell Pepper



Zucchini



Mini Yukon Potatoes





Panko Breadcrumbs



Lemon





Ingredients		4 People *Not Included	1 : :
Cod Fillets	1)	2 pkg (570 g)	.⊑
Parsley		1 pkg (14 g) Allergens	1 3/4
Red Bell Pepper		2 1) Fish/Poisson	in ½ in
Zucchini		2 <mark>2)</mark> Wheat/Blé	
Mini Yukon Potatoes		1 pkg (680 g) 3) Milk/Lait	4
Garlic		1 pkg (10 g)	kuter 0 in 1
Panko Breadcrumbs	2)	1 pkg (½ cup)	∠ 0
Lemon		1 Tools	
Yogurt	3)	1 pkg (100 g) 2 Baking Sheets, Zester, I	
Orange Marmalade		1 pkg (1 tbsp)  Bowl, Small Bowl, Measu	ıring

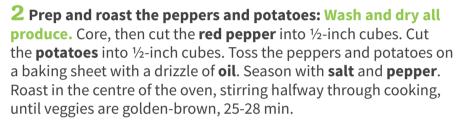
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Nutrition per person Calories: 340 cal | Fat: 3 g | Protein: 32 g | Carbs: 50 g | Fibre: 7 g | Sodium: 245 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat,



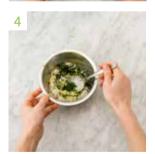
Olive or Canola Oil\*

Preheat the oven to 425°F (to roast the veggies and bake the fish.) Start prepping when the oven comes up to temperature!





- **3** Meanwhile, mince or grate the **garlic**. Finely chop the **parsley**. Cut the **zucchini** into ½-inch cubes. Zest, then juice the **lemon**. Pat the **fish fillets** dry with paper towel.
- 4 Make the gremolata: In a medium bowl, combine the panko, garlic, lemon zest and half the parsley. Season with salt and pepper.



- **5** Roast the zucchini and bake the fish: Add the zucchini to a parchment-lined baking sheet with a drizzle of oil. Arrange the fish fillets on the same baking sheet. Season everything with salt and **pepper**. Divide the **gremolata** over the fillets, and press down gently so it sticks (the topping will still be quite loose!) Bake in the centre of the oven until the fish easily flakes with a fork and zucchini is tender, 6-8 min.
- **Make the dipping sauce:** Meanwhile, in a small bowl, combine the marmalade, yogurt, half the lemon juice, remaining parsley. and 1 tbsp of water. Season with salt.
- **Finish and serve:** Divide the **veggies** between plates. Top with the **gremolata-crusted fish**, drizzled with remaining **lemon juice**. Serve the **dipping sauce** on the side. Enjoy!