



FEB  
2017

## 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!



Cod Fillets



Parsley



Red Bell Pepper



Zucchini



Mini Yukon Potatoes



Garlic



Panko Breadcrumbs



Lemon



Yogurt



Orange Marmalade

## Ingredients

	4 People
Cod Fillets	2 pkg (570 g)
Parsley	1 pkg (14 g)
Red Bell Pepper	2
Zucchini	2
Mini Yukon Potatoes	1 pkg (680 g)
Garlic	1 pkg (10 g)
Panko Breadcrumbs	1 pkg (½ cup)
Lemon	1
Yogurt	1 pkg (100 g)
Orange Marmalade	1 pkg (1 tbsp)
Olive or Canola Oil*	

\*Not Included

## Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Milk/Lait

## Tools

2 Baking Sheets, Zester, Medium Bowl, Small Bowl, Measuring Cups

Ruler

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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.*

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

**2 Prep and roast the peppers and potatoes: Wash and dry all produce.** Core, then cut the **red pepper** into ½-inch cubes. Cut the **potatoes** into ½-inch cubes. Toss the peppers and potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until veggies are golden-brown, 25-28 min.

3



**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**.

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**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.

**6 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**.

**7 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!

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