

Greek cod filets with roasted vegetables



Greece is composed of almost 6,000 islands in the Mediterranean, so naturally seafood is central to Greek cuisine! "*Bakalarios Me Horta Avgolemono*" is a traditional Greek dish with cod fish. The cod filets are baked with Greek-spiced potatoes, onions, and fennel until meltingly tender. Topped with lemon slices, this light and flavorful dish is as beautiful as it is delicious. We recommend wild caught and sustainable Alaskan Pacific cod filets for this recipe - it is mild in flavor and its texture is perfect for baking.

Did you know?

Fennel

a perennial plant related to carrots, but it tastes a bit like licorice/anise! The entire plant is edible: the seeds, leaves (fronds), stems and bulbs! The Greek name for fennel is *marathos*, which means "the plain with fennel". Yes, marathos is where the 26.0 mile marathon started after the battle of Marathon!

Alaskan Pacific cod

a bottom-dwelling fish from the northwestern Pacific Ocean that eats crabs, mussels, mollusks, small lobsters and fish. Voted "Best Choice" by Monterey Bay Aquarium's Seafood Watch because the cod population is healthy and sustainable!



In your kit

- Tarra Herbie Mix
- Root Veggie Mix



Minutes:
20 prep + 20 cook



Nut & Gluten-free



4 servings

Your shopping list



4 6-oz cod filets
(preferably Pacific cod)



1 fennel



1 lemon



3 Yukon gold potatoes
(about 1½ lbs)



1 large onion

Basic pantry: olive oil, salt, pepper

 youngest chefs

  older chefs

   oldest chefs / adults



1. Prep ingredients



- Preheat oven to 425°F.
- **Lemon** - zest (for step 2). Thinly slice into rounds and remove seeds (for step 3).
- **Onion** - peel and thinly slice.
- **Fennel** - *fronds*: roughly chop (for step 4). *bulb*: cut in half; discard core and tough outer layer; thinly slice into rings (for step 2).
- **Potatoes** - peel and cut into 1½" cubes.



2. Roast the vegetables



- In a large bowl, toss the **potatoes**, **onions** and **fennel** with **lemon zest** and **Root Veggie Mix**, 2 tablespoons **olive oil**, 1½ teaspoons **salt**, and **pepper**.
- Spread out in a baking dish. Cover with foil and roast the **vegetables** until softened, about 15 minutes.



3. Bake the fish



- Sprinkle fish filets with **Tarra Herbie Mix**, 1 teaspoon **salt** and **pepper**.
- Uncover the **vegetables** and lightly toss.
- Place the **fish filets** on top of the **vegetables** and cover each filet with thinly sliced **lemon rounds**.
- Cover with foil and bake until cooked through, about 12-15 minutes.



4. Plate your dish



- Place the **fish** with **lemon** on plates with **roasted vegetables**. Spoon the pan juices over the fish. Top with **fennel fronds**.



Kalí óreksi!

("Enjoy your meal" in Greek)