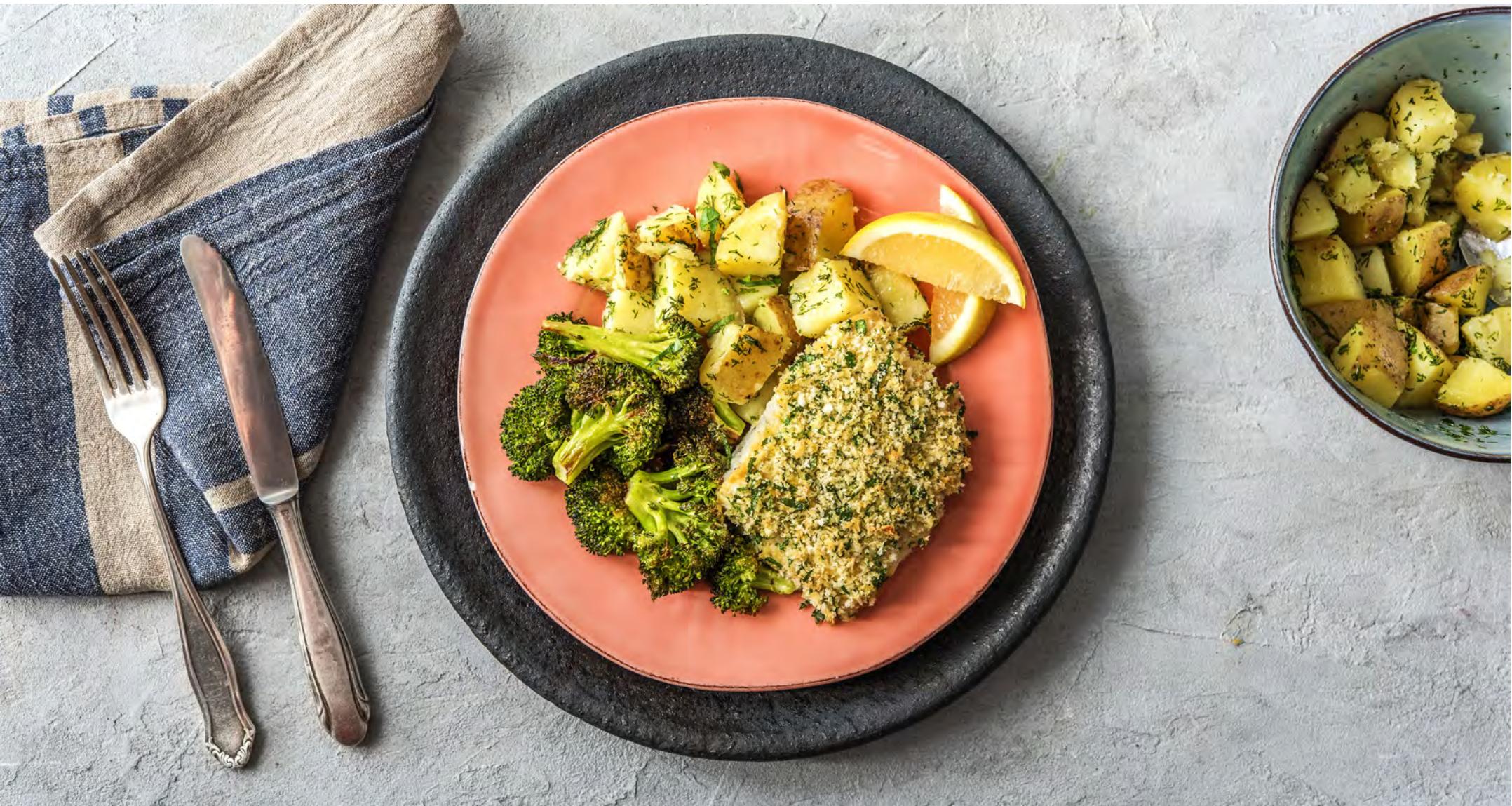




CRUSTED DIJON COD

with Dilled Fingerling Potatoes and Roasted Broccoli



HELLO

DILL POTATOES

The fresh herb adds a blast of springy flavor to these spuds

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 460



Fingerling Potatoes



Lemon



Garlic



Panko Breadcrumbs
(Contains: Wheat)



Dijon Mustard



Dill



Parsley



Broccoli Florets



Cod
(Contains: Fish)

START STRONG

Dill has a distinctive flavor that can sometimes be quite powerful. You may want to add just a pinch or two of it at first, then toss in more to taste.

BUST OUT

- Zester
- Small bowl
- Medium pot
- Paper towel
- Strainer
- Baking sheet
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Fingerling Potatoes 12 oz | 24 oz
- Dill ¼ oz | ¼ oz
- Parsley ¼ oz | ¼ oz
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 2
- Broccoli Florets 8 oz | 16 oz
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Cod 12 oz | 24 oz
- Dijon Mustard 2 tsp | 4 tsp

HELLO WINE

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees. Cut **potatoes** into 1-inch pieces. Pick fronds from **dill** and discard stems. Finely chop fronds until you have 1 TBSP. Finely chop **parsley**. Mince or grate **garlic**. Zest **lemon** until you have ½ tsp zest, then cut into wedges.



4 MAKE CRUST AND PREP COD

In a small bowl, combine **parsley**, **lemon zest**, **panko**, half the **garlic**, a pinch of **salt** and **pepper**, and a drizzle of **olive oil**. Pat **cod** dry with a paper towel, then brush fillets with a drizzle of **olive oil**. Season all over with **salt** and **pepper**.



2 BOIL POTATOES

Place **potatoes** in a medium pot with a pinch of **salt** and enough **water** to cover by 2 inches. Bring to a boil and cook until potatoes are easily pierced by a knife, about 15 minutes. Drain, then return to pot.



5 ROAST FISH

After **broccoli** has roasted 5 minutes, remove sheet from oven. Give broccoli a toss and push toward one side. Place **cod** on other side of sheet. Brush a thin layer of **mustard** onto tops of fillets, then press **crust mixture** into mustard. Return sheet to oven and cook until broccoli is tender and cod is cooked through and flakes easily, 8-10 minutes.



3 ROAST BROCCOLI

Meanwhile, toss **broccoli florets** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until beginning to turn bright green, about 5 minutes (we'll be adding more items to the sheet later).



6 FINISH AND PLATE

Add 1 TBSP **butter**, remaining **garlic**, and **dill** to pot with **potatoes**. Heat over medium heat and toss until **butter** is melted and **garlic** is fragrant, 1-2 minutes. Divide **potatoes**, **broccoli**, and **cod** between plates. Serve with **lemon wedges** on the side for squeezing over.

CRISPY!

Roasted broccoli and a panko crust bring a 1-2 punch of crunch.



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