



# LEMON-PEPPER COD

*Broccoli & pine nuts, butternut mash, pepita pesto*

<b>COOK TIME</b> 35 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 400	<b>MENU</b> KETO // PALEO // GLUTEN-FREE
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A savory seafood dinner perfect for wintry nights. Wild-caught cod fillets are coated in fresh lemon zest and a pepper-herb spice blend. Seared and roasted to a flaky finish, the fish is served alongside butternut squash mashed with a coconut tomato sauce. Parsley pepita pesto lends the dish herbaceous notes, while broccoli tossed with pine nuts makes a nourishing side.

## INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Cod fillets** F
- 1 whole **Lemon**
- 7 oz **Butternut squash**
- ¼ cup **Coconut tomato sauce** T
- 2 ½ oz **Broccoli**
- 1 ¼ oz **Pine nuts** T
- ½ cup **Parsley pepita pesto** T
- 1 whole **Shallot**
- 1 ½ tsp **Pepper-herb spice blend**

## WHAT YOU'LL NEED

- basic cooking tools
- basic pantry items
- medium nonstick pan
- medium pot & strainer
- baking sheet
- medium bowl
- measuring cup & spoons
- potato masher
- peeler & microplane
- thermometer
- oven mitt

## ALLERGENS

- T TREE NUT
- F FISH



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

Green Chef is a USDA Certified Organic company. Look for the "USDA Organic" seal on our ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)



## 1 PREP & COOK SQUASH

- Heat oven to 400 degrees.
- Remove seeds from **butternut squash** with a spoon. Carefully peel squash. Medium dice into about ½-inch pieces.
- Place squash in a medium pot and cover with at least 2 inches lightly salted water. Bring to a boil; stir. Cook 12-15 minutes, or until fork tender, stirring occasionally.
- Reserve about ¼ cup cooking water. Strain squash and return to pot.  
*See Step 6 to finish.*



## 2 SEASON COD

- Pat **cod fillets** dry with a paper towel. Place in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with salt and **pepper-herb spice blend**.
- Zest half of **lemon** with a microplane (or on small holes of box grater) over bowl. Turn to coat.

## 3 SEAR & ROAST COD

- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium-high heat.\* Add **cod** to hot pan. Sear 2 minutes.
- Transfer cod to a foil-lined baking sheet (seared-side up). Roast 8-10 minutes, or until fish is fully cooked. (Cod is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.)

*\*Use This! When cooking with nonstick tools, always use silicone or wood utensils.*



## 4 PREP BROCCOLI & SHALLOT

- Thinly slice **broccoli** lengthwise.
- Cut ends off **shallot** and remove peel. Small dice into about ¼-inch pieces.

## 5 COOK BROCCOLI

- Heat about 1 tablespoon olive oil in pan used for cod over medium heat. Add **broccoli** and **shallot** to hot pan; stir. Lightly season with salt and pepper. Cook 3-4 minutes, or until broccoli is tender, stirring occasionally.
- Add **pine nuts**. Cook 2-3 minutes, or until nuts are lightly toasted and fragrant, stirring occasionally. Remove from heat.
- Quarter **lemon**.
- Squeeze juice from 1-2 lemon wedges over pan, avoiding seeds. Season with salt and pepper. Stir.



## 6 FINISH SQUASH

- Add **coconut tomato sauce** to pot with squash. Mash **squash** with a potato masher (or fork) until smooth.
- Add 1-2 tablespoons of the reserved **cooking water**. Return pot to stovetop over medium-low heat. Cook 2-3 minutes, or until mash reaches desired consistency, stirring occasionally.\*

*\*Take Note: If needed, add remaining cooking water to pot to reach desired consistency.*



## 7 PLATE YOUR DISH

- Divide **butternut mash** between plates. Serve **pine nut-studded broccoli** next to mash. Top with **cod**. Drizzle with **parsley pepita pesto**. Serve remaining **lemon wedges** on the side.
- Enjoy!