

Baked Wild Cod



Lemon herb baked wild cod with a garlic scape pistou along with sweet potato mash, baby broccoli, and charred lemon.

Heating Instructions:

Remove fish from the fridge 30 min before heating, put half the pistou on top of the fish (other half for after fish is heated) and place it in a 425° oven for 10 - 12 min.

Vegetable can be sauteed in a pan on the stove top.

Mash can be heated in the microwave.

* all times are approximate, as all ovens are slightly different. Convection mode is recommended.