Roasted Cod Niçoise

Yield: 2 servings

Ingredients

Main

- Small red potatoes **340 g** (cut into 2–3 cm chunks: メークイン type works well)
- Olive oil − 1½ tbsp (22 ml), divided
- Kevala coconut aminos 1 tsp (instead of salt)
- Thin French-style green beans 120 g, trimmed (インゲン or string beans)
- Coarse-ground Dijon mustard ³/₄ tsp
- Freshly ground black pepper to taste
- Cod fillets 2 fillets (≈170 g each)
- Black olive tapenade 1½ tbsp total (¾ tbsp per fillet)
- Grape or mini tomatoes 100 g, halved
- Lemon wedges 2–3 pieces
- Fresh parsley 1 tbsp (5 g), chopped

Optional umami additions

- 4–5 black olives, sliced, mixed in with tomatoes before serving
- 1/2 tsp white miso stirred into the mustard-oil mixture for depth
- Drizzle of yuzu or lemon olive oil at the end for aroma

Instructions

1. Preheat oven:

200 °C. Line a large rimmed baking sheet with parchment paper and lightly coat with oil or spray.

2. Roast the potatoes:

Toss the potato chunks with 1 tbsp olive oil and ½ tsp coconut aminos.

Spread on the sheet and roast for **20 minutes**, turning once for even browning.

3. Prepare the vegetables and fish:

In a small bowl, mix the remaining $\frac{1}{2}$ tbsp olive oil, $\frac{3}{4}$ tsp Dijon mustard, a few drops of coconut aminos, and black pepper.

Toss the green beans in half this mixture.

After the 20 minutes, push potatoes to one side of the pan and spread the green beans beside them.

Place the cod fillets on the other side and spread 3/4 **tbsp tapenade** on each.

4. Roast everything:

Return to the oven and bake for **12–15 minutes**, until the cod flakes easily (internal temperature ≈ 60 °C).



If the potatoes or beans need more color, transfer the cod to a plate, cover with foil, and roast the vegetables for **5 more minutes**.

5. Finish and serve:

Arrange roasted cod, potatoes, and green beans on plates. Top with halved tomatoes, chopped parsley, and optional olives. Squeeze with fresh lemon just before serving.

Serving & Variation Ideas

- Add a soft-boiled egg (6½ min) on the side for a more traditional Niçoise-style protein boost.
- Substitute: any firm white fish such as hokke, tara, or suzuki.
- Winter version: use roasted kabocha and shungiku leaves instead of potatoes and beans.
- Summer twist: toss with chilled barley or quinoa for a one-bowl meal.

ii Estimated Nutrition (Per Serving)

Nutrient	Amount
Calories	~400 kcal
Protein	~38 g
Fat	~18 g
Saturated Fat	~3 g
Carbohydrates	~22 g
Sugars	~3 g
Fiber	~4 g
Sodium	~320 mg
Omega-3	~0.9 g

Notes

- Using coconut aminos instead of salt retains flavor while drastically cutting sodium.
- Tapenade + Dijon + lemon give this dish bright acidity and savory balance — no extra salt needed.
- Great served warm or at room temperature with a green salad or cup of soup.