

## Roasted Cod, Potatoes & Vegetables

*Mediterranean & Japanese Variations*

Serves 2



### Mediterranean Version

#### Ingredients

- 301 g potatoes, unpeeled, sliced into ~3 mm rounds
- 136 g onion, thinly sliced
- 137 g red bell pepper, sliced
- 88 g green beans, trimmed
- 289 g cod (tara) fillets
- 2 T / 28 g extra-virgin olive oil, divided
- Salt + freshly ground black pepper, to taste
- Dried herbs (oregano, thyme, rosemary), to taste
- Optional flavor boosters: lemon zest, garlic powder, smoked paprika

#### Instructions

1. Preheat oven to 200°C.
2. Toss potatoes, onion, and red bell pepper with 1½ T / 21 g olive oil, salt, pepper, and dried herbs. Spread in a 20×30 cm baking dish.
3. Roast for 25–30 minutes, stirring once, until potatoes are tender and beginning to brown.
4. Remove pan from oven. Nestle cod fillets among the vegetables. Scatter green beans on top.
5. Drizzle remaining ½ T / 7 g olive oil over fish and beans; season lightly with salt, pepper, and optional lemon zest or smoked paprika.
6. Return to oven and roast 8–12 minutes, until cod flakes easily and beans are tender-crisp.
7. Rest 2 minutes before serving.

Why bell peppers here: added from the start so they soften and sweeten without overcooking.

### Japanese-Leaning Variation

#### Ingredient Adjustments

- Replace dried herbs with 1 tsp / 6 g white or awase miso (mixed with oil)
- Optional: ½ tsp shichimi togarashi
- Add 1 tsp / 6 g low-sodium soy sauce (drizzled on fish only)
- Finish with sliced scallions or lemon wedges

#### Method Changes

8. Roast potatoes, onion, and bell pepper as in Mediterranean version.
9. Brush cod lightly with olive oil mixed with miso before adding to pan.
10. Add green beans and fish; drizzle soy sauce lightly over fish only.
11. Roast until done; finish with shichimi and scallions if desired.

## Nutrition

**Per serving:** Kcal: 520 | Protein: 42 g | Fat: 22 g | Sat. Fat: 3 g | Carbs: 44 g |  
Sugars: 7 g | Fiber: 7 g | Sodium: 620 mg | Omega-3: 0.9 g

**Whole dish:** Kcal: 1,040 | Protein: 84 g | Fat: 44 g | Sat. Fat: 6 g | Carbs: 88 g |  
Sugars: 14 g | Fiber: 14 g | Sodium: 1,240 mg | Omega-3: 1.8 g