Air-Fryer Roasted Cod, Potatoes & Vegetables

タラとじゃがいも、野菜のエアフライヤー焼き

Mediterranean & Japanese Variations • Serves 2



Ingredients

- 250–280 g cod (tara) fillets, divided into 2 portions
- 220 g potatoes, unpeeled, sliced into about 3 mm rounds
- 80 g onion, thinly sliced
- 100 g red bell pepper, sliced
- 70 g green beans, trimmed
- 20 g extra-virgin olive oil, divided
- Salt and freshly ground black pepper, to taste

Mediterranean Seasoning

- ½–1 tsp dried oregano
- ¼–½ tsp dried thyme
- Optional: small pinch dried rosemary
- Optional: garlic powder, lemon zest, and/or smoked paprika
- Lemon wedges or lemon juice, for finishing

Air-Fryer Method

1. Preheat the air fryer to **190°C**.
2. Toss the **potatoes** with **10 g olive oil**, **pepper**, a little **salt**, and the **Mediterranean herbs**. Arrange in the basket as loosely as possible; some overlap is fine, but separate slices that are stuck together.
3. Air-fry the potatoes at **190°C** for 7–8 minutes. Toss or turn them after about 5 minutes.
4. Toss the **onion** and **red bell pepper** with **5 g olive oil**. Add them to the potatoes, toss, and air-fry at **190°C** for **another 5–6 minutes**.
5. Meanwhile, pat the **cod** dry. Toss the **green beans** with a small amount of the remaining **oil**. Season the cod lightly with **salt**, **pepper**, and any optional **garlic powder**, **lemon zest**, or **smoked paprika**.
6. Move the vegetables aside enough to make room for the two cod portions. Place the **cod** among the vegetables and add the **green beans**. Brush or drizzle the remaining **olive oil** over the cod and beans.
7. Air-fry at **190°C** for **7 minutes**, then check the cod. Continue for **another 1–2 minutes** if necessary. There is no need to flip the fish. The cod should be opaque in the center and flake easily.
8. Remove the cod as soon as it is done. If the potatoes or vegetables need more browning, continue air-frying them for 1–2 minutes.
9. Finish with fresh **lemon juice** or serve with lemon wedges.

Japanese-Leaning Variation

- Replace the Mediterranean dried herbs with 6 g (1 tsp) white or awase miso.
- Mix the miso with about 3–4 g of the reserved olive oil and brush a thin layer over the cod just before it goes into the air fryer.
- Optional: add ⅛ tsp shichimi togarashi, preferably after cooking or very lightly before cooking.
- After the cod is cooked, drizzle 6 g (1 tsp) low-sodium soy sauce over the fish only.
- Finish with sliced scallions and lemon wedges.

Timing at a Glance

Potatoes: 7–8 min → **Add onion & pepper:** 5–6 min → **Add cod & green beans:** 7–9 min

Approximate total air-fryer time: 19–23 minutes.

Air-Fryer Note

The reduced quantities are intended to give the vegetables better air circulation and to provide two comfortable dinner portions without unnecessary leftovers. If your basket is still crowded when the cod is added, temporarily remove some of the cooked potato, onion, and pepper. Return them for the final 1–2 minutes after the fish is removed.

Nutrition — Approximate

Per serving: about 400 kcal | Protein 32–35 g | Fat 13–14 g | Saturated Fat ~2 g | Carbohydrates ~34 g | Sugars ~6 g | Fiber ~5 g | Sodium varies with seasoning | Omega-3 ~0.8 g

Whole dish: about 800 kcal | Protein 64–70 g | Fat 26–28 g | Saturated Fat ~4 g | Carbohydrates ~68 g | Sugars ~12 g | Fiber ~10 g | Sodium varies with seasoning | Omega-3 ~1.6 g

Japanese variation: miso and soy sauce will increase sodium; season the vegetables lightly with salt if using both.