



Lemon and Herb-Stuffed Pollock with Sautéed Garlicky Green Beans and Potatoes

Prep Time: 10-20 minutes
Cook Time: 15-25 minutes

Calories Per Serving: 430
Serves: 2 people

Pollock, a member of the cod family, is a firm, white-fleshed fish. By stacking the fillets and sandwiching them around lemon slices, dots of butter, and herb sprigs, we're infusing them with tons of flavor—you'll smell it before you taste it!

USDA recommends cooking fish to 145° F.



1. Prepare Ingredients

Preheat oven to 425°F. Rinse **pollock** and pat dry with paper towel. Halve **lemon**; cut half into 4 slices, leaving remainder whole. Mince **garlic**. Cut **potatoes** crosswise into ½-inch slices. Rinse **green beans** and trim ends.



2. Stuff Pollock

Place **pollock** rounded-side up on a parchment-lined baking sheet. Season with **herbes de Provence**, **salt**, and **pepper**. On one fillet, arrange **sliced lemon** and **thyme** and **oregano sprigs** in even layers. Break **butter** into small pieces and dot over. Top with second fillet, rounded-side down.



3. Roast Pollock

Drizzle ½ **tablespoon olive oil** over **pollock** and roast until opaque, about 18 minutes.



4. Blanch Vegetables

While pollock roasts, add **potatoes** to a medium pot and cover with cold water. Add a **generous pinch salt** and bring to a boil over high heat. When boiling, cook until mostly tender, about 3 minutes. Add **green beans** and cook until bright green, about 1 minute more. Drain and rinse vegetables under cold water for 30 seconds to stop cooking.






5. Sauté Vegetables

When pollock is almost done roasting, heat 1½ **tablespoons olive oil** in a large pan over medium-high heat. When oil is shimmering, add **garlic**, **potatoes**, and **green beans** and season with **salt** and **pepper**. Cook until potatoes are tender and green beans are browning in spots, about 3 minutes. Remove pan from heat and add **mustard** and **juice of remaining ½ lemon**. Toss to coat.



6. Plate Pollock

Unstack **pollock** and discard **sliced lemon** and **herb sprigs**, or reserve to use as garnish as desired. Divide pollock and **vegetables** evenly between 2 plates and serve.

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Q- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

If your pollock fillets are two different sizes, place the larger one on the bottom of your stack.

Blanch your vegetables to cook only partway through, keeping in mind that they'll finish cooking as you sauté.

Q- INGREDIENTS

- 12 ounces pollock
- 1 lemon, divided
- 2 cloves garlic
- 10 ounces fingerling potatoes
- 8 ounces green beans
- 1 teaspoon herbes de Provence
- 3 sprigs thyme
- 1 sprig oregano
- 1 packet butter
- 1 tablespoon whole-grain mustard
- 1 parchment paper

🔪- YOU'LL NEED

- baking sheet
- medium pot
- large pan
- 2 tablespoons olive oil
- kosher salt
- black pepper

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