Dinner, Mediterranean

Pesto Topped Cod with Tomatoes and Asparagus

Cod filets coated in pesto sauce roast alongside juicy cherry tomatoes and crisp asparagus, all on one sheet pan. The whole dish comes together in about half an hour.



Gluten free

30 min	230	11 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 4 tbsp pesto sauce
- [ ] 1 tbsp olive oil (divided)
- [ ] 1 tsp lemon zest (divided)
- [ ] 1/2 tsp kosher salt (divided)
- [ ] 1/2 tsp black pepper (divided)
- [ ] 4 whole cod filets (3 ounces each)
- [ ] 2 cup cherry tomatoes (halved)
- [ ] 1 bunch asparagus (trimmed)

Method

- [ ] 1 Begin by heating the oven to 400°F (200°C), and get a sheet pan ready with a layer of parchment paper.
- [ ] 2 In a small bowl, stir together the pesto sauce, 1/2 tablespoon of the olive oil, half the lemon zest, 1/4 teaspoon of the Kosher Salt, and 1/4 teaspoon of the black pepper.
- [ ] 3 Lay the cod filets out on the prepared pan, then paint a generous coating of the pesto sauce mixture over the top of each one.
- [ ] 4 Drop the cherry tomatoes and asparagus into a bowl, add the last 1/2 tablespoon of olive oil along with the remaining lemon zest, 1/4 teaspoon of Kosher Salt, and 1/4 teaspoon of black pepper, toss until the vegetables are coated, and spread them around the cod filets on the pan.
- [ ] 5 Slide the pan into the hot oven and roast for roughly 20 minutes, or until the cod filets hit 145°F (63°C) at the center and break into flakes when nudged with a fork.

Nutrition Facts

Per serving

Calories	**230**
Total fat	13 g
Saturated fat	2 g
Sodium	390 mg
Total carbs	11 g
Fiber	4 g
Total sugars	5 g
Protein	20 g

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