



Greek Baked Cod or Cauliflower Steaks with Roasted Vegetables Psari Plaki

Greece is composed of almost 6,000 islands in the Mediterranean, so naturally seafood is central to its cuisine! Psari plaki (sah-ree PLAH-kee) is a traditional Greek fish dish, and this recipe uses cod. The fillets are baked with spiced potatoes, onions, and fennel until meltingly tender. Topped with lemon slices, this light and flavorful dish is as beautiful as it is delicious.

SERVES 4

ALLERGENS Dairy-Free, Nut- Free, Gluten-Free, Vegetarian Optional

TOTAL PREP & COOK TIME 40 minutes

What You'll Need

1 lemon

1 large onion

1 fennel bulb

3 Yukon Gold potatoes (about 11/2 pounds)

2 tablespoons olive oil 2 1/2 teaspoons salt Pepper

4 (6-oz) cod fillets

Vegetarian Option

2 heads cauliflower

ROOT VEGGIE MIX

2 teaspoons dried oregano

1 1/2 teaspoons dried thyme

1 teaspoon fennel seeds

1/4 teaspoon lemon peel granules

TARRA HERBIE MIX

2 teaspoons garlic powder 1 1/2 teaspoons dried tarragon

1 teaspoon chicken or vegetable bouillon

1/2 teaspoon lemon peel granules

1. Prep the ingredients

- Preheat the oven to 425°F.
- **Lemon**—Grate the zest to be used in step 2. Then thinly slice the lemon into rounds and remove the seeds, to be used in step 3.
- **Onion**—Peel and thinly slice.
- **Fennel**—Fronds: Roughly chop for step 4. Bulb: Cut in half. Discard the core and tough outer layer, then thinly slice into rings for step 2.
- **Potatoes**—Peel and cut into 1 1/2-inch cubes.
- **Root Veggie Mix**— In a bowl combine all the ingredients in a small bowl and mix well.
- **Tarra Herbie Mix**—In a bowl combine all the ingredients in a small bowl and mix well.

Vegetarian option

- **Cauliflower**—Cut the heads vertically into 1 1/2-inch slices (you should have at least 6). Note: Don't worry if you end up with florets—they'll still be delicious!

2. Roast the vegetables

- In a large bowl, toss the onion, fennel, and potatoes with the lemon zest, Root Veggie Mix, 2 tablespoons of olive oil, 1 1/2 tea- spoons of salt, and pepper to taste.
- Spread the mixture in a baking dish.
- Cover with aluminum foil and roast until the vegetables are softened, about 15 minutes.

3. Bake the fish

- Sprinkle the fish fillets or cauli-flower steaks with the Tarra Herbie Mix, remaining 1 teaspoon of salt, and pepper to taste.
- Remove the foil from the baking dish and lightly toss the vegetables.
- Place the fish fillets or cauliflower steaks on top of the vegetables and place the lemon rounds over the fish or cauliflower. Cover with the foil again and bake until cooked through, 12 to 15 minutes.

4. Serve your dish

- Place the fish or cauliflower steak topped with lemon slices on individual plates along with the roasted vegetables.
- Spoon the pan juices over the fish or cauliflower steak. Top with some of the fennel fronds.

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