

## ROASTED LEMON COD ON CRISPY POTATO BED by radish\*rose

Adapted from [The Mini Minimalist: Simple Recipes for Satisfying Meals](#)

### Ingredients:

4-5 medium potatoes, about 2 lbs. (I used Yukon Gold), peeled and thinly sliced (1/8")  
6 T. extra-virgin olive oil, divided (4 T. for potatoes and 2 T. for fish)  
1/2 tsp. dried oregano  
Sea salt  
Freshly ground pepper  
1 to 1 1/2 lbs. boneless, skinless cod fillets (I used two 8 oz. fillets)  
1 lemon, thinly sliced

*Optional for roasted grape tomatoes:* 2 pints grape tomatoes + 1 T. olive oil + 1 T. sherry vinegar + salt + pepper to taste

*Optional for garnish:* chopped fresh parsley

**Equipment:** Broiler-safe casserole, 8x11"

### Method:

Preheat oven to 400 degrees F.

Add 4 T. olive oil to your casserole. As you thinly slice the potatoes, add them to the casserole and stir to coat them with the olive oil. (This helps to keep them from turning brown when exposed to oxygen as you are working.) Add the oregano and sprinkle liberally with sea salt + freshly ground pepper. Mix all together well. Spread in as thin a layer as possible in the casserole, and bake for about 40-45 minutes. The potatoes should be cooked through (soft when you pierce them with a knife) and starting to brown.

If you are making the roasted grape tomatoes: Halve your grape tomatoes, toss with 1 T. olive oil, 1 T. sherry vinegar, maybe a little oregano if you have extra, and salt and pepper to taste. Spread in a single layer on a non-stick cookie sheet (I use a silpat liner because it does get kinda sticky) and add to the oven along with your potatoes. The tomatoes should take about 20-25 minutes to turn roasted and wrinkly and caramelized.

Remove potatoes from oven and preheat the broiler (make sure there is about 5-6" of clearance for your dish).

Sprinkle both side of the fish fillets with salt and pepper. Lay on top of the potatoes and drizzle with remaining 2 T. olive oil. Top with thinly sliced lemons. Broil for 6-10 minutes, depending on the thickness of your fish (when done, it should be opaque white and flaky). (The lemons may burn a bit on top of the fish, especially if they are very close to the broiler flame, but do not worry, you don't eat them and they protect the fish from getting burnt itself.)

To serve: Remove any lemons that got singed, and carefully run a spatula under the fish and potatoes. Try to lift a whole fillet out with its underlying potatoes (I ended up using two spatulas, one for each end of the fillet). Top with the roasted grape tomatoes if you made them. Sprinkle with chopped fresh parsley if desired. Enjoy!!

Original post: <http://radishrose.net/2014/06/08/roasted-lemon-...spy-potato-bed/roasted-lemon-cod-on-crispy-potato-bed>

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