

Seafood Charlie Recipe

Horseradish & Potato-Crusted Cod with Dilled Beets

A Seafood Charlie Recipe

Prep: 20 minutes

Roast/Broil: 50 minutes

Serves: 4

Ingredients

6 medium beets

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

1/4 teaspoon plus 1/8 teaspoon black pepper

1/4 cup mayonnaise

1 tablespoon drained refrigerated horseradish

1 1/2 teaspoons fresh lemon juice

2 cups refrigerated shredded hash brown potatoes

Nonstick cooking spray

4 (5 ounce) cod fillets

1 tablespoon chopped fresh dill

Recipe

1. Position 2 oven racks to upper and lower positions; preheat oven to 400 degrees. Line rimmed baking pan with parchment paper. In medium bowl, toss beets, 1 tablespoon oil, 1/2 teaspoon salt and 1/8 teaspoon pepper. Place beets on prepared pan; roast on lower rack 30 minutes.
2. In small, whisk mayonnaise, horseradish, 1/2 teaspoon lemon juice, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, cover and refrigerate.
3. On cookie sheet, brush 1 1/2 teaspoons oil in 6 x 8 inch rectangle; evenly spread hash browns over rectangle and drizzle with remaining 1 1/2 teaspoons oil. Roast on upper rack 15 minutes or until potatoes are lightly browned and beets are easily pierced with a knife. Remove hash browns and beets from oven; let beets cool.
4. Position oven rack to middle position; preheat broiler to high. Spray second rimmed baking pan with nonstick cooking spray; place cod on prepared pan. Evenly brush cod with horseradish mixture. With spatula, separate hash browns into 4 (3 x 4 inch) rectangles; place rectangles browned side up on cod. Broil 5 minutes or until internal temperature of cod reaches 145 degrees.
5. Peel beets and cut into wedges. In medium bowl, toss beets with dill and remaining 1 teaspoon lemon juice.