



More than Food

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## Maple-Balsamic Glazed Cod with Butternut Mash & Roasted Brussels Sprouts

Real maple syrup, tart balsamic, and woody thyme team up for a delicious glaze over flaky cod. Mashed into velvety butternut squash, sour cream adds both tang and creaminess. Nutty roasted Brussels sprouts finish off this perfectly seasonal dinner.



Cod



Brussels Sprouts



Butternut Squash,  
pre-cut



Thyme



Sour Cream



Maple Syrup



Balsamic Vinegar

## Ingredients

		2 People	4 People
Cod	1)	10 oz	20 oz
Brussels Sprouts		8 oz	16 oz
Butternut Squash, pre-cut		8 oz	16 oz
Thyme		¼ oz	½ oz
Sour Cream	2)	1 T	2 T
Maple Syrup		1 T	1 T
Balsamic Vinegar		1 T	2 T
Oil*		1 T + 1 t	2 T + 2 t

\*Not Included

## Allergens

1) Fish

2) Milk

## Tools

Baking Sheet, Medium Pot, Small Bowl, Medium Pan, Strainer

Ruler

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**Nutrition per person** Calories: 354 cal | Carbs: 33 g | Fat: 12 g | Protein: 30 g | Fiber: 7 g | Sodium: 122 mg

*Make sure to wash and dry produce before prepping or cooking!*



**1 Prep the ingredients:** Preheat the oven to 400 degrees. Trim and halve the **Brussels sprouts** lengthwise. Strip the **thyme** leaves from the stems and roughly chop the **leaves**.



**2 Boil the squash:** Place the **butternut squash** in a medium pot with a large pinch of **salt** and enough water to cover. Bring to a boil for 20-25 minutes, until fork-tender.

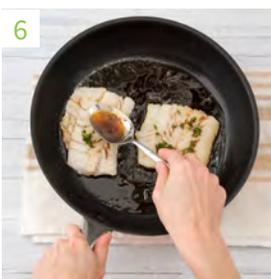
**3 Roast the Brussels sprouts:** Meanwhile, toss the **Brussels sprouts** on a baking sheet with **1 Tablespoon oil** and a pinch of **salt** and **pepper**. Place in the oven to roast for 20-25 minutes, tossing halfway through cooking, until golden brown and tender.

**4 Make the maple-balsamic glaze:** In a small bowl, combine **1 Tablespoon maple syrup**, **1 Tablespoon balsamic**, and the **thyme**. Season with **salt** and **pepper**.

**HINT:** Save the remaining maple syrup for breakfast!



**5 Mash the squash:** When the **butternut squash** is fork-tender, drain, reserving **½ cup cooking liquid**. Return the squash to the same pot, then mash with a fork or potato masher until smooth. Mix in **1 Tablespoon sour cream** and as much **reserved cooking liquid** as is necessary to achieve a creamy consistency. Season with **salt** and **pepper**, then cover and keep warm until the rest of the meal is ready.



**6 Cook the cod:** Heat **1 teaspoon oil** in a medium pan over medium heat. Season the **cod** on all sides with **salt** and **pepper**. Add the cod to the pan and cook for 2-3 minutes on the first side. Carefully flip the fish, then pour the **maple-balsamic glaze** over top. Cook the cod for another 2-3 minutes, continually spooning the glaze over the fish, until cooked through and opaque in the middle.

**7 Plate the butternut mash and roasted Brussels sprouts**, then top with the **maple-balsamic glazed cod**. Drizzle any remaining glaze over the cod and enjoy!