



CAJUN SPICED COD

with Roasted Sweet Potato, Premium Tomato Mix and Avocado Crema



SPECIALITY INGREDIENT



HELLO AVOCADO

We call it a pear but the avocado is actually a single-seeded berry!



Sweet Potato



Cajun Blackening Spice Blend



Premium Tomato Mix



Lime



Coriander



Avocado



Soured Cream



Cod Fillet



Rocket

MEAL BAG

35 mins

3 of your 5 a day

Medium heat

Way back in the 18th century, French, Spanish and African settlers all congregated in America's Deep South. They pooled their culinary heritage and Cajun food was born! Inspired by this history of cultural combination, we created a dish that combines hot-and-sweet Cajun spiced cod with a cooling avocado crema and some beautiful premium tomatoes from our friends at The Tomato Stall on the Isle of Wight.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Pop on a baking tray and drizzle with a splash of **oil**. Season with **salt** and **half** the **Cajun blackening spice blend** and rub the **seasonings** into the **sweet potato**. Spread into one even layer and roast on the top shelf of your oven until soft and browned at the edges, 20-25 mins. Turn halfway through cooking.



2 START THE SALAD

Meanwhile, cut the **tomatoes** in half and pop them in a large bowl. Season with a good pinch of **salt**. Grate in the zest of **half** the **lime** and add the **olive oil** (see ingredients list for amount). Roughly chop the **coriander** (stalks and all) and add **half** to the **tomatoes**. Stir and set aside. Chop the **lime** in half.



3 MAKE THE CREMA

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out half the insides into a small bowl. Mash to a smooth paste with a fork and add **half** the **lime juice** and a pinch of **salt** and **pepper**. Stir in the **soured cream**. This is your **crema**!



4 HAVE IT BOTH WAYS!

Chop the other **half** of the **avocado** into 2cm chunks and add to your **tomatoes**. Add the remaining **lime juice** and mix together.



5 COOK THE FISH

Heat a splash of **oil** in a frying pan over medium-high heat. Put the **fish** on a plate and add the remaining **Cajun blackening spice blend**, a pinch of **salt** and a drizzle of **oil**. Coat the **fish** in the flavourings. When hot, carefully add the **fish** to the pan skin-side down. Fry until golden, about 3-4 mins. Turn and fry the other side, another 3-4 mins. **★ TIP: Don't be tempted to move the fish until ready to turn.**
❗ IMPORTANT: The fish is cooked when the centre is opaque.



6 FINISH AND SERVE

Share the **rocket** between your plates, covering the whole base of each, then nestle the **sweet potato chunks** amongst it. Pop the **cod** in the centre and then spoon the **tomato** and **avocado salad** around and over the **fish**. Finish with small spoonfuls of the **avocado crema** and a sprinkling of the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1 large	2	2 large
Cajun Blackening Spice Blend 9)	1 small pot	¾ large pot	1 large pot
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Lime *	1	1½	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Coriander *	1 bunch	1 bunch	1 bunch
Avocado *	1	1½	2
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch
Cod Fillet 4) *	2	3	4
Rocket *	1 bag	1 bag	2 bags

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 649G	PER 100G
Energy (kJ/kcal)	2711 / 648	418 / 100
Fat (g)	30	5
Sat. Fat (g)	9	1
Carbohydrate (g)	72	11
Sugars (g)	21	3
Protein (g)	27	4
Salt (g)	1.29	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 9) Mustard

PAIR THIS MEAL WITH

An unoaked off-dry white such as a Riesling.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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