



Cheesy Crusted Cod with Cheese & Parsley Colcannon

Classic 30-35 Minutes

4



Flat Leaf Parsley



Spring Onion



Lemon



Potatoes



Shredded Savoy Cabbage



Panko Breadcrumbs



Grated Hard Italian Style Cheese



Cod



Mayonnaise

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, zester, bowl, kitchen paper, baking tray, baking paper, colander and potato masher.

Ingredients

| | 2P | 3P | 4P |
|--|----------|------------|-----------|
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Spring Onion** | 1 | 2 | 2 |
| Lemon** | ½ | ¾ | 1 |
| Potatoes** | 450g | 700g | 900g |
| Shredded Savoy Cabbage** | 100g | 150g | 200g |
| Panko Breadcrumbs 13 | 10g | 25g | 25g |
| Grated Hard Italian Style Cheese** 7 8 | 40g | 60g | 80g |
| Oil for the Breadcrumbs* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Cod** 4 | 2 | 3 | 4 |
| Mayonnaise 8 9 | 1 sachet | 1½ sachets | 2 sachets |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 466g | 100g |
| Energy (kJ/kcal) | 1864 /446 | 400 /96 |
| Fat (g) | 14 | 3 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 47 | 10 |
| Sugars (g) | 5 | 1 |
| Protein (g) | 34 | 7 |
| Salt (g) | 0.76 | 0.16 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Roughly chop the **parsley** (stalks and all). Trim and thinly slice the **spring onion**. Zest and halve the **lemon**.



Roast the Cod

Pat the **cod** with kitchen paper to remove any excess moisture and season with **salt** and **pepper**. Lay the **cod** onto a baking tray lined with baking paper. Set aside **half the mayo** in a small bowl, then spread the remaining **mayo** over the top and sides of the **fish**. Spoon over the **breadcrumb mixture**, pressing it down with a spoon. Bake the **fish** on the middle shelf of the oven until golden, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*



Start the Mash

Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Add the **savoy cabbage** for the final 3 mins of cooking time.



Colcannon Time

Once the **potatoes** and **cabbage** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until the **potatoes** are smooth. Season with **salt** and **pepper**, then stir through the **spring onion** and remaining **cheese** and **parsley**. Cover with a lid to keep warm.



Make the Crumb

Meanwhile, pop the **breadcrumbs**, **lemon zest**, **half the cheese** and **half the parsley** into a medium bowl with the **oil for the breadcrumbs** (see ingredients for amount). Season with **salt** and **pepper** and mix well.



Serve

When everything is ready, cut the **lemon** into **wedges**. Transfer the **cheesy crusted cod** to your plates with a helping of **colcannon** alongside. Serve with a dollop of the remaining **mayo** and a **lemon wedge** for squeezing over.

Enjoy!