



Cod in a Lemon and Chive Butter Sauce

with Garlic Lemony Broccoli and Roast Potatoes

N° 4

CLASSIC 30 Minutes • 1.5 of your 5 a day



Potato



Chives



Garlic



Lemon



Broccoli Florets



Butter



Cod

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Chives**	1 bunch	1 bunch	1 bunch
Garlic**	2 cloves	3 cloves	4 cloves
Lemon**	½	1	1
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Butter 7)**	30g	30g	60g
Cod 4)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	487g	100g
Energy (kJ/kcal)	1720 /411	353 /84
Fat (g)	14	3
Sat. Fat (g)	9	2
Carbohydrate (g)	42	9
Sugars (g)	3	1
Protein (g)	30	6
Salt (g)	0.14	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel!). Pop the chunks on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Cook the Fish

Eight mins before the potatoes are cooked. Heat a large frying pan on high heat with a drizzle of **oil**. Add the **butter** and stir while it melts. Once the butter is melted and begins to froth add the **cod fillets**. Fry until golden on the outside, 2-3 mins on either side. **TIP:** Use a fish slice/spatula to gently flip the fish.



2. Get Prepped

Meanwhile, roughly chop the **chives**. **TIP:** Use scissors if you want. Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and cut into quarters. Divide any large **broccoli florets** into smaller pieces and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.



5. Finish Off the Fish

Add the **chives** to the pan with the **fish** and squeeze in **half** the **lemon juice**. Spoon the **lemony chivey butter** over the **cod** for 1-2 mins, then remove from the heat. **IMPORTANT:** The fish is cooked when it is opaque in the centre.



3. Broccoli Time!

When the potatoes have been in the oven for 15 mins, pop the **broccoli** onto the middle shelf of your oven to roast until crispy and tender, 12-15 mins.



6. Serve Up

Divide the **broccoli**, and **potatoes** among the plates along with the **buttery cod**. Pour the **butter sauce** over the **cod**. Serve with the **lemon zest** sprinkled over and remaining **lemon wedges** alongside for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.