



APR
2017

Pan-Seared Cod with Citrusy Sweet Potato Mash and Chili-Garlic Broccoli

Did you know that white fish is an excellent low-calorie source of protein? This nutritious fish is also a great source of B-vitamins, which helps the body break down nutrients for energy. Paired with delicious sweet potato and crispy roasted broccoli, this easy weeknight dinner has it all!

 **Prep**
30 min



Cod



Sweet Potatoes



Broccoli



Garlic



Chili Flakes



Ground Coriander



Lime



Honey

Ingredients

	2 People	4 People
Cod	1 pkg (285 g)	2 pkg (570 g)
Sweet Potatoes, cubed	1 pkg (340 g)	2 pkg (680 g)
Broccoli, florets	1 pkg (227 g)	2 pkg (454 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Chili Flakes 	1 pkg (½ tsp)	2 pkg (1 tsp)
Ground Coriander	1 pkg (½ tsp)	2 pkg (1 tsp)
Lime	1	2
Honey	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Butter* 2)	1 tbsp	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

1) Fish/Poisson

2) Milk/Lait

Tools

Medium Pot, Zester, Baking Sheet, Large Non-Stick Pan, Strainer, Measuring Spoons

Ruler

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Nutrition per person Calories: 453 cal | Fat: 13 g | Protein: 33 g | Carbs: 54 g | Fibre: 8 g | Sodium: 453 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

4



1 Preheat your oven to 450°F (to roast the broccoli). Start prepping when your oven comes up to temperature.

2 Boil the sweet potatoes: Combine the **sweet potatoes** with enough **salted water** to cover in a medium pot. Bring to a boil over high heat, until a fork pierces the sweet potato easily, 12-15 min.

3 Prep: Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Zest, then juice the **lime(s)**.

4 Broil the broccoli: Toss the **broccoli** on a baking sheet with a drizzle of **oil**. Season with **salt, pepper, garlic** and as much **chili flakes** as you like. Bake in the centre of the oven, stirring halfway through, until golden-brown, 18-20 min.

5 Cook the fish: Meanwhile, pat the **fish** dry with a paper towel, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil** then the fish. Cook until the fish turns golden-brown and is cooked through, 3 min per side.

6 Mash the sweet potatoes: Meanwhile, drain the **sweet potatoes** and return them to the pot. Using a fork or potato masher, mash the potatoes with the **butter, honey, coriander, lime zest** and **1 tbsp lime juice** (double for 4 people). Season with **salt** and **pepper**. (Taste and add more lime juice, 1 tsp at a time, if you want it more tangy.)

7 Finish and serve: Divide the **sweet potato mash** and **chili-garlic broccoli** between plates. Top with the **crispy fish** and enjoy!

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6



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