



CRUNCHY COD

with Roasted Wedges and Carrots



HELLO LEMON

Lemons are a hybrid between a sour orange and a citron.



Potato



Carrot



Mild Paprika



Panko Breadcrumbs



Cod Fillets



Mayonnaise



Lemon



Garlic



Baby Spinach

MEAL BAG

11

Hands on: **15** mins
Total: **40** mins

1 of your
5 a day

1 Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays** and a **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE VEGGIES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges. Trim the **carrot** and chop into batons the same size as the **potato wedges** (no need to peel either). Pop the **potato** and **carrot** onto a lined baking tray and season with **salt** and **half the paprika**. Drizzle with **oil**. Turn to coat in the **oil** and roast on the top shelf of your oven until soft and golden, 30-35 mins. Turn halfway through cooking.



2 COAT THE COD

Line another baking tray with baking paper. Pop the **panko breadcrumbs** in a small bowl and mix in the remaining **paprika** and the **olive oil** (see ingredients for amount). Pop the **cod fillets** onto the baking tray and smear a thin layer of **mayonnaise** on each piece of **fish**. Carefully sprinkle the **breadcrumbs** on top and gently press to make sure they stick. We will bake the **fish** when the veggies have 15 mins cooking time left.



3 FINISH THE PREP

Cut the **lemon** into wedges. Peel and grate the **garlic**. Do any washing up that needs doing.



4 BAKE THE FISH

When the veggies have 15 mins left, pop the **fish** into the oven. Bake on the middle shelf until the crunchy top is golden and the **fish** is cooked through. **IMPORTANT:** *The fish is cooked when the centre is opaque.*



5 WILT THE SPINACH

Five mins before the fish is ready, heat a splash of **oil** in a large frying pan over medium heat. Add the **garlic** and cook, stirring, for 30 seconds until fragrant. Be careful not to let it brown. Add the **spinach**, stir and cook until completely wilted, 2-3 mins. Season with **salt** and **pepper** and get ready to serve.



6 SERVE

Once everything is ready, share the **roasted veggies** between your plates. Top with the **crunchy cod**. Serve with the **spinach** and a **lemon wedge** alongside.

ENJOY!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1	1 small pack	1 small pack
Carrot	2	3	4
Mild Paprika	½ small pot	1 small pot	1 small pot
Panko Breadcrumbs 13)	30g	30g	30g
Olive Oil*	1 tbsp	1 tbsp	1 tbsp
Cod Fillets 4)	2	3	4
Mayonnaise 8)9)	1 sachet	1 sachet	1 sachet
Lemon	1	1	1
Garlic	1	1	1
Baby Spinach	1 bag	1 bag	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 624G	PER 100G
Energy (kcal)	592	95
(kJ)	2477	397
Fat (g)	16	3
Sat. Fat (g)	1	0
Carbohydrate (g)	79	13
Sugars (g)	14	2
Protein (g)	33	5
Salt (g)	0.75	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 8) Egg 9) Mustard 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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