



# Dukkah Crusted Cod

with Spiced Veggies and Roasted Garlic Mayo



**CLASSIC** 35 Minutes • Little Heat • 4 of your 5 a day • Tastiest If Cooked First



Potato



Sweet Potato



Garlic



Cumin



Red Pepper



Red Onion



Cod



Mayonnaise



Super Dukkah Mix

## Before you start

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

### Basic cooking tools, you will need:

Two Large Baking Trays, Mixing Bowl and Foil.

### Ingredients

	2P	3P	4P
Potato**	1	1½	2
Sweet Potato**	1	1½	2
Garlic**	2	3	4
Cumin	1 small pot	¾ large pot	1 large pot
Red Pepper**	1	1½	2
Red Onion**	1	1½	2
Cod 4)**	2	3	4
Mayonnaise 8) 9)	1	2	2
Super Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots

\*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	548g	100g
Energy (kJ/kcal)	2249 /538	410 /98
Fat (g)	18	3
Sat. Fat (g)	2	1
Carbohydrate (g)	71	13
Sugars (g)	17	3
Protein (g)	28	5
Salt (g)	0.35	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut 2) Nut 3) Sesame 4) Fish 8) Egg 9) Mustard  
10) Celery

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.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Roast the Potatoes

Preheat the oven to 200°C. Chop the **white potato** and **sweet potato** into 2cm chunks (no need to peel). Pop onto a large baking tray along with the **garlic cloves** (no need to peel), drizzle with **oil** and sprinkle on **half the cumin**. Season with **salt** and **pepper** and then use your hands to rub the **flavourings** all over. Roast on the top shelf of your oven until soft and golden, 30-35 mins.



## 4. Roast the Veggies

Add the **pepper** and **onion** to the roasting tray with the **potatoes** after 15 mins of the roasting time. Remove the **garlic cloves** at this stage and allow to cool. Toss the **veggies** together and return to the oven for the remaining 15-20 mins. Do any washing up while you have 5 mins.



## 2. Finish the Prep

Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Halve, peel and chop the **red onion** into 2cm pieces. Pop both into a bowl, drizzle with **oil** and season with **salt**, **pepper** and the remaining **cumin**. We will add them halfway through the **potatoes'** cooking time.



## 5. Make the Garlic Mayo

Squeeze the **garlic** out of its skin and discard the skins. Use the back of a spoon to mash the flesh into a smooth paste. Mix with the **mayo**. Keep to one side. Pop the **cod** in the oven and roast for 7-8 mins. **IMPORTANT:** The fish is cooked when **opaque on the centre**.



## 3. Crust the Fish

Lay the **cod fillets** on a foil-lined baking tray, season with **salt** and **pepper** and drizzle with **oil**. Sprinkle on the **dukkah spice mix** and press into the flesh. Keep to one side. **IMPORTANT:** Wash your hands after handling raw fish.



## 6. Serve

When everything is ready, share the **veggies** between your plates and top with the **cod**. Serve a dollop of the **roasted garlic mayo** alongside.

Enjoy!