



PAPRIKA SPICED COD

with Herbed Potatoes and Garlic Mayo



HELLO ONION

Onions were worshiped by ancient Egyptians who believed they possessed healing powers.



New Potatoes



Red Onion



Flat Leaf Parsley



Cod Fillet



Smoked Paprika



Garlic Mayonnaise



Red Wine Vinegar



Sugar Snap Peas

MEAL BAG

Total: **20 mins**
 Hands-on: **20 mins**

1.5 of your **5**
a day

Rapid recipe

At HelloFresh we believe that being short of time should never stand in the way of getting delicious looking and tasting recipes on the table. With its flaky, meaty white flesh and subtle flavour, cod is one of our favourite fish for an everyday feast. Spiced with smoky paprika and served with crushed herby potatoes and crunchy mangetout, this recipe proves that it pays to keep things simple.

GET **PREPARED!**

Kettle. Line a **Baking Tray** with **Foil** and lightly **Oil.**

BEFORE YOU START

🍲 Fill and boil your **kettle** | 🧼 Wash the veggies. | 🍴 Line a **baking tray** with **foil** and lightly **oil**. Make sure you've got a **Saucepan**, **Colander**, **Baking Tray** and **Frying Pan**. Let's start cooking the **Paprika Spiced Cod**



1 CHOP THE POTATOES

- Cut the **potato** into small chunks and pop into a saucepan with a pinch of **salt**.
- Cover with boiling **water** and put the pan on high heat.
- Boil until tender, 12-15 mins, then drain.



2 CHOP THE VEGGIES

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Roughly chop the **flat leaf parsley**.
- Pop your **cod** onto your prepped baking tray. Rub **half** the **smoked paprika**, a pinch of **salt** and a drizzle of **oil** into the **fish**.
- Preheat your grill to medium-high.



3 FRY THE ONION

- Heat a splash of **oil** in a frying pan over medium-high heat.
- Add the **onion**, stir and cook until softened, 5-7 mins.
- Whilst the **onion** cooks, mix **half** the **parsley** into the **garlic mayo** with a pinch of the remaining **smoked paprika**.



4 GRILL THE FISH

- Cook the **cod** under the grill until opaque in the centre, 6-7 mins.
- When the **onion** is soft add the **sugar** (see ingredients for amount) and **red wine vinegar**.
- Allow the **red wine vinegar** to bubble away and then transfer the **onion** to a bowl. Keep the pan!



5 COOK THE SUGAR SNAPS

- Wipe the frying pan and return to high heat with a splash of **oil**.
- Stir-fry the **sugar snaps** until tender, 3-4 mins.



6 FINISH THE POTATOES

- Return the **potatoes** to the pan and add the **onion**, remaining **parsley** and a knob of **butter** (if you have some). Mix well.
- Share the **potatoes** between your plates, pop the **sugar snaps** alongside. Place the **cod** on top and finish with a dollop of **mayo**.

ENJOY!

2 PEOPLE INGREDIENTS

New Potatoes, chopped	1 pack
Red Onion, sliced	1
Flat Leaf Parsley, chopped	1 small bunch
Cod Fillet 4)	2
Smoked Paprika	1½ tsp
Garlic Mayonnaise 8) 9)	2 tbsps
Sugar*	1 tsp
Red Wine Vinegar 14)	1 tbsps
Sugar Snap Peas	1 pack

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 466G	PER 100G
Kcal	424	91
KJ	1781	382
Fat	5	1
Sat Fat	1	0
Carbohydrates	45	10
Sugars	11	2
Protein	31	7
Salt	0.32	0.07

ALLERGENS

4) Fish 8) Egg 9) Mustard 14) Sulphites

Garlic Mayonnaise: Rapeseed Oil (78%), Free Range Pasteurised Whole Egg (11%), Water, Garlic Puree (2%), Unrefined Raw Cane Sugar, Acid: Acetic Acid, Sea Salt, **Mustard** Flour.

🧼 Wash your hands before and after handling. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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