



ROASTED COLEY

with Saffron Sauce, Roasted Potatoes and Broccoli



HELLO SAFFRON

The world's most expensive spice, saffron is worth more than its weight in gold!



Potato



Red Onion



Garlic Clove



Thyme



Broccoli



Echalion Shallots



Dill



Lemon



Saffron Powder



Vegetable Stock Powder



Crème Fraîche



Coley

With its flaky texture and subtle taste, coley is the perfect fish to pair with stronger flavours. In this recipe, we've gently combined saffron, creme fraiche, shallots, and stock to create a decadent velvety sauce that packs a serious flavour punch. Baked in the oven with a little oil and lemon zest and served with roasted potatoes, broccoli and red onions, this deliciously simple recipe from Chef Jesse will bring a bit of low-key luxury to your menu this week.

40 mins

1.5 of your 5 a day

MEAL BAG

4

BEFORE YOU START

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



1 START THE PREP

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve and peel the **red onion**. Cut each half into four wedges and separate the layers. Crush the **garlic** with the flat of a knife and slice in half (no need to peel). Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks).



2 GET ROASTING

Pop the **potato**, **onion** and **garlic** on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle on the **thyme leaves** and toss to evenly coat. Spread out and roast on the top shelf of the oven until golden, 25-30 mins. Meanwhile, chop the **broccoli** into florets (like small trees!). Peel, halve and chop the **shallot** into small pieces. Roughly chop the **dill** (stalks and all). Zest the **lemon** and cut in half.



4 ADD THE BROCCOLI

When the **veggies** have been roasting for 15 mins, remove the tray from the oven, add the **broccoli** and turn everything to make sure they are all well coated in **oil**. Return to the oven for the remaining 10-15 mins. **★ TIP:** *If your baking tray is too crowded, roast the broccoli on another tray, just season and drizzle with oil first.*



5 COOK THE FISH

In the meantime, pop the **fish fillets** onto a plate and pat dry with some kitchen paper towel. Lightly **oil** another baking tray. Season the **fish** with a sprinkling of **lemon zest**, **salt** and **pepper**, then transfer to the baking tray. Drizzle over a touch more **oil**. Roast on the middle shelf of your oven until cooked through, 8-10 mins. **! IMPORTANT:** *The fish is cooked when opaque in the middle.*



3 MAKE THE SAUCE

Meanwhile, heat a splash of **oil** in a large saucepan over medium heat. Add the **shallot**. Cook until soft, stirring regularly, 3-4 mins. Once soft, add the **water** (see ingredients for amount), **saffron powder** and **stock powder**. Bring to the boil. Stir in the **crème fraîche** and lower the heat. Simmer until thickened to the consistency of double cream, 3-4 mins. Set aside off the heat.



6 FINISH AND SERVE

A couple of minutes before you take the **fish** out of the oven, pop the **saffron sauce** back onto the medium heat. Warm through, then stir in the **dill**. Season to taste with a squeeze of **lemon juice** and a pinch of **salt** and **pepper**. Serve the **fish** on top of the **roasted veggies** with the **sauce** spooned over. **★ TIP:** *Remember to take the garlic cloves out of your veggies! Enjoy!*

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Onion *	1	1½	2
Garlic Clove *	1	2	2
Thyme *	2 sprigs	3 sprigs	4 sprigs
Broccoli *	1	1½	2
Echalion Shallots *	1	1½	2
Dill *	½ bunch	¾ bunch	1 bunch
Lemon *	½	¾	1
Water*	150ml	225ml	300ml
Saffron Powder	½ sachet	¾ sachet	1 sachet
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Coley 4) *	2	3	4

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 680G	PER 100G
Energy (kJ/kcal)	2113 / 505	311 / 74
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	61	9
Sugars (g)	13	2
Protein (g)	31	5
Salt (g)	0.56	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 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.

THUMBS UP OR THUMBS DOWN?

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