



SPANISH STYLE COD & CHIPS



HELLO OLIVES

Black and green olives are the same thing - black ones are just riper when they're picked!



Potato



Smoked Paprika Powder



Parsley



Vine Tomato



Black Olives



Cod Fillet

35 mins

1 of your 5 a day

We've given the old-school British classic, fish and chips, a fresh summer twist that you're going to love. With its flaky, meaty white flesh and subtle flavour, cod is our go-to for a quick weeknight feast. Marinated with smoky paprika and lightly pan-fried, we've served our cod alongside homemade chunky chips, a simple tomato salad (make sure you season them generously with salt to bring out their juices!) and a zingy olive parsley salsa.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, three **Bowls** and a **Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper** then sprinkle over **half** the **smoked paprika**. Toss to coat then spread out and roast on the top shelf of your oven for 30-35 mins, turning halfway.



2 PREP TIME

Meanwhile, roughly chop the **parsley** (stalks and all). Roughly chop the **vine tomatoes** into chunks. Roughly chop the **black olives**.



3 PREP THE FISH

Pop the **cod fillets** in a bowl and drizzle with **oil**. Season with a good pinch of **salt** then sprinkle over the remaining **smoked paprika**. Turn the **fish** to coat well in the marinade, then set aside. **! IMPORTANT:** Remember to wash your hands after handling raw fish.



4 MAKE THE SALAD

Pop the **vine tomatoes** in a bowl and add the **oil** (see ingredients for amount), a pinch of **salt** and **pepper** and a pinch of **sugar** (if you have any). Stir together then leave to one side - the **tomatoes** will release their juices and create a lovely dressing. In a small bowl, combine the **olives** with the chopped **parsley** and **oil** (see ingredients for amount). Season to taste with **salt** and **pepper** if needed.



5 FRY THE FISH

Take a moment to do any tidying up now. When the **potatoes** have about 10 mins left, heat a drizzle of **oil** in a frying pan on medium-high heat. When hot add the **cod** and fry for 2-3 mins on each side, turning carefully. **! IMPORTANT:** The fish is cooked when *opaque in the centre*.



6 SERVE

Serve the **wedges** on plates with the **fish** and **tomato salad** alongside. Finish by spooning the **olive parsley salsa** all over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Smoked Paprika Powder	1.5 tsp	2 tsp	1 tbsp
Parsley, chopped	1 bunch	1 bunch	1 bunch
Vine Tomato, chopped	2	3	4
Black Olives	1 pouch	1½ pouches	2 pouches
Cod Fillet 4)	2	3	4
Olive Oil for the Tomatoes*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Olives*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 467G	PER 100G
Energy (kcal)	406	87
(kJ)	1699	364
Fat (g)	12	3
Sat. Fat (g)	2	1
Carbohydrate (g)	47	10
Sugars (g)	5	1
Protein (g)	27	6
Salt (g)	0.29	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish

🧼 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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