



ZESTY COD FILLET

with Crispy Pancetta Roasties and Garlicky Spinach



HELLO GARLIC

After preparing garlic, rubbing your hands on a stainless steel spoon can help get rid of the smell!



Red Onion



New Potatoes



Pancetta



Garlic Clove



Lemon



Spinach



Cod Fillet

MEAL BAG

35 mins

1.5 of your 5 a day

Pancetta and onion - a match made in culinary heaven. Throw in golden roast potatoes and garlicky spinach and you've just about hit the jackpot. Chef André, then gets you to cook cod to perfection with a delicious crispy skin. You may just be tempted to buy a lottery ticket at the weekend after this absolute winner of a dish.

BEFORE YOU START

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



1 ROAST THE POTATOES

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion** into half moons. Chop the **potatoes** into 2cm chunks and pop them on a baking tray with the **pancetta**. Drizzle over a splash of **oil** and season with **salt** and **black pepper**. Toss and roast on the top shelf of your oven until golden, 30 mins. After 10 mins, turn the **potatoes** and add the **onion**. Return to the oven to finish cooking.



2 PREP THE VEGGIES

Meanwhile, peel and grate the **garlic** clove (or use a **garlic press**). Zest the **lemon**, then cut in half. Rinse the **spinach** leaves in a colander under cold water. Keep to one side. Don't forget to add the **onion** to your **potatoes**, do any washing up that needs doing and then move on to step 3.



3 SEASON THE COD

Season the **cod** with a pinch of **salt**, a splash of **oil** and a sprinkling of **lemon zest**. Rub the **salt, oil** and **zest** into the **cod**. Keep to one side. **★ TIP:** Remember to wash your hands and equipment after handling raw seafood.



4 PAN-FRY THE COD

When the **potatoes** have 10-12 mins cooking time left, heat a frying pan over medium-high heat. Once hot, carefully lay in the **fish** (no **oil!**) skin-side down and cook until the skin is crispy, 4-5 mins. When the skin is crispy, carefully turn and cook the flesh side, 4-5 mins. **★ TIP:** The fish is cooked when the centre is opaque. Remove from the pan and cover with foil to keep warm. Wipe the pan out with kitchen paper.



5 COOK THE SPINACH

Return the empty frying pan to medium heat and add a splash of **oil**. Add the **garlic**, cook for 30 seconds and add the **spinach**. Season with **salt** and **black pepper**. Cook, stirring frequently until the **spinach** has wilted, 3 mins.



6 FINISH AND SERVE!

When everything is ready, squeeze the **lemon juice** over the cod. Serve the **zesty cod** on a bed of **garlicky spinach** with the **pancetta roasties**, and a sprinkling of **lemon zest** on top alongside. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, sliced	1
New Potatoes, chopped	1 pack
Pancetta	60g
Garlic Clove, grated	1
Lemon	½
Spinach	1 bag
Cod Fillet ⁴⁾	2

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	341	70
(kJ)	1442	298
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	36	7
Sugars (g)	8	2
Protein (g)	32	7
Salt (g)	1.5	0.31

ALLERGENS

⁴⁾Fish

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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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