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Cajun Lemon Cod with Roasted Veggies

At the Fresh Farm, we've noticed that the word Cajun is thrown around a lot! It's always "Cajun this" and "Cajun that". But Cajun isn't just another spice like Paprika or Cumin, it's a whole cooking tradition created by the French when they moved to Southern Louisiana. It was born out of fusion! So we're taking our beloved friend fusion a bit further, by adding the sweet, hot flavours of Cajun spices to some delicious lemony British cod. Enjoy!



35 mins



healthy



gluten
free



spicy



Potato



Carrot



Courgette



Garlic Clove



Cod Fillet



Lemon



Cajun Spice Mix




Netherend Butter



Thyme

Ingredients

	2P	4P
Potato, chopped	2	4
Carrot, chopped	2	4
Courgette, chopped	1	2
Garlic Clove, chopped	1	2
Cod Fillet 1	2	4
Lemon	½	1
Cajun Spice Mix	½ tbsp	1 tbsp
Netherend Butter 2	1½ tbsp	3 tbsp
Thyme	3 sprigs	5 sprigs

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Fish | 2) Milk

Nutrition per serving: Calories: 585 kcal | Protein: 50 g | Carbs: 72 g | Fat: 13 g | Saturated Fat: 1 g



1 Put your cod fillets in a bowl and the juice of half your lemon along with your Cajun spice mix, ¼ tsp of salt and a good grind of pepper. Gently combine so the cod has a good covering of the spice.



2 Pre-heat your oven to 200 degrees. Chop your potatoes into roughly 3cm pieces. Peel and chop the tops and bottoms off your carrots and chop lengthways into slices about 2cm wide, then chop these into batons about the size of your index little finger.



3 Pop your carrots and potatoes on a baking tray, drizzle over 1 tbsp of oil, your thyme sprigs, ¼ tsp of salt and a good grind of pepper and give them a shake so everything has a good coating. Cook in the oven for 30 mins until the potatoes are crispy and the carrots tender.



4 Chop your courgettes into similar sized batons as the carrots. Peel and finely chop your garlic. When the carrots and potatoes have been cooking for 15 mins add the courgettes to the baking tray as well to cook for the last 15 mins.

5 When your vegetables are 10 mins from being done, put your butter in a non-stick frying pan on a low-medium heat. Once hot, add your garlic and cook this for 1 minute before adding your fish fillets skin side down. **Tip:** *Don't put all your lemon/spice mix in the pan yet, save it for later.* Cook for 3 mins on one side before turning the fish over and cooking for 2-3 mins on the other side. **Tip:** *The fish is ready when it turns from clear to opaque throughout, careful not to burn!* Remove from the pan, add the lemon/spice mix to the pan along with 2 tbsp of water, and warm through for a minute or two.

6 Get your veggies out of the oven and remove the thyme sprigs. Serve your fish on top of your veggies and drizzle the buttery lemon juices from your pan over the top. Voilà!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!