







More Than Food
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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



gluten free



spicy



healthy



Cod Fillet (2)



Lemon (1/2)



Cajun Spice Mix (1 1/2 tsp)



Potato (1 pack)



Carrot (2)



Thyme (3 sprigs)



Courgette (1)




Garlic Clove (2)



Netherend Butter (1 knob)

2 PEOPLE INGREDIENTS

- Cod Fillet **2**
- Lemon **½**
- Cajun Spice Mix **1½ tsp**
- Potato, chopped **1 pack**
- Carrot, chopped **2**
- Thyme **3 sprigs**
- Courgette, chopped **1**
- Garlic Clove, chopped **2**
- Netherend Butter **1 knob**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cod needs cold, deep, Arctic waters to grow, reproduce and survive. Some say this is why the word 'cod' is so similar to the word 'cold'!

Allergens: Fish, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	479 kcal / 2011 kJ	22 g	9 g	45 g	5 g	29 g	1 g
Per 100g	114 kcal / 447 kJ	5 g	2 g	11 g	1 g	7 g	0 g



1 Put the **cod fillet** in a bowl along with the **lemon juice**, the **Cajun spice mix** (if you don't like things too spicy, only add half the Cajun spice mix), a pinch of **salt** and a good grind of **pepper**. Gently combine so your **fish** gets a good coating of the **spice**.



2 Pre-heat your oven to 200 degrees. Chop the **potato** into roughly 2cm pieces. Peel and chop the top and bottom off the **carrot**, chop lengthways into slices about 2cm wide, then chop these into batons about the size of your index finger. Pull the leaves off the **thyme** stalks.



3 Pop your **potato** and **carrot** on a baking tray, drizzle over a splash of **oil**, your **thyme leaves**, a pinch of **salt** and a good grind of **pepper** and give it a shake so everything gets a good coating. Cook in your oven for 30 mins until your potatoes are crispy and your carrots tender.



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

5 When your vegetables are 10 mins from being cooked, put the **butter** in a non-stick frying pan on medium-low heat. Once hot, add your **garlic** and cook for 1 minute, before adding your **fish** skin-side down. **Tip:** *Don't put all your lemony spice mix in the pan yet, save it for later.* Cook for 3 mins on one side before turning your **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 your remaining **lemony spice mix** to the pan along with a splash of **water**, and warm through for a minute or two.

6 Get your **veggies** out of your oven. 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!