



CAJUN SPICED COD

WITH ROAST SWEET POTATO AND A TOMATO & AVOCADO SALAD



SPECIALITY INGREDIENT



HELLO AVOCADO

We call it a pear but the avocado is actually a single-seeded berry!



Sweet Potato



Mixed Cherry Tomatoes



Lime



Coriander



Avocado



Sour Cream



Plain Flour



Cajun Blackening Spice Blend



Cod Fillet



Rocket

MEAL BAG

35 mins

3 of your 5 a day

Medium heat

Enjoy within 2 days

Way back in the 18th century, French, Spanish and African settlers all congregated in America's Deep South. They pooled their culinary heritage and Cajun food was born! Inspired by this history of cultural combination, we created a dish that combines hot-and-sweet Cajun spiced cod with a cooling avocado crema and some beautiful premium tomatoes from our friends at The Tomato Stall on the Isle of Wight.

BEFORE YOU START

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



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel!). Pop on a lined baking tray and drizzle over a splash of **oil**. Season with **salt** and **pepper**, then rub the seasonings into the **sweet potato**. Roast on the top shelf of your oven until soft and browned at the edges, 20-25 mins. Turn halfway through cooking.



2 START THE SALAD

Cut the **cherry tomatoes** in half and put them in a large bowl. Season with a good pinch of **salt**. ★ **TIP:** *The salt will draw the juices out of the tomatoes.* Grate in the zest of **half** the **lime** and add the **olive oil** (see ingredients for amount). Roughly chop the **coriander** (stalks and all) and add **half** to the **tomatoes**. Stir, cover and set aside.



3 MAKE THE CREMA

Halve the **avocado** lengthways and twist apart. Remove the stone and slip a spoon around the edge of the flesh to pop the flesh out of its skin. Chop **half** into small chunks and put in a small bowl. Mash to a smooth paste with a fork and add a squeeze of **lime juice** and a pinch of **salt** and **pepper**. Stir in the **sour cream** and mix until smooth. This is your crema.



4 HAVE IT BOTH WAYS!

Chop the other **half** of the **avocado** into 2cm chunks and add to the **tomato salad**. Mix together.



5 COOK THE FISH

Put the **flour** in a mixing bowl with the **Cajun blackening spice blend** and a good pinch of **salt**. Add the **cod** to the bowl and coat it in the **flour mixture**. Put a splash of **oil** in a frying pan over medium-high heat. When hot, add the **fish** to the pan, skin-side down. Fry until golden, about 4 mins, then turn and fry the other side, another 4 mins.

❗ **IMPORTANT:** *The fish is cooked when the centre is opaque.*



6 FINISH AND SERVE

Share the **rocket** between your plates, covering the whole base of each, then nestle the **sweet potato** chunks amongst it. Place the **cod** in the centre, then spoon the **tomato and avocado salad** around and over the **fish**. Finish with a drizzle of the **avocado crema** and a sprinkling of the remaining **coriander**. **Enjoy!**

2 PEOPLE INGREDIENTS

Sweet Potato, chopped	1
Mixed Cherry Tomatoes, halved	1 punnet
Lime	1
Olive Oil*	1 tbsp
Coriander, chopped	1 bunch
Avocado, chopped	1
Sour Cream 7)	1 pot
Plain Flour 13)	16g
Cajun Blackening Spice Blend 9)	1½ tsp
Cod Fillet 4)	2
Rocket	1 bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 585G	PER 100G
Energy (kcal)	622	106
(kJ)	2602	445
Fat (g)	39	7
Sat. Fat (g)	14	2
Carbohydrate (g)	41	7
Sugars (g)	12	2
Protein (g)	30	5
Salt (g)	1.25	0.21

ALLERGENS

4) Fish 7) Milk 9) Mustard 13) Gluten

Cajun Blackening Spice Blend: Paprika, Sea Salt, Black Peppercorns, **Mustard** Seeds, Thyme, Cumin, Red Chillies, Cayenne, Oregano.

PAIR THIS MEAL WITH

An unoaked off-dry white such as a Riesling.

🧼 *Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat and poultry! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.*

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK
