



Cheesy Chorizo Crusted Cod with Roast Potatoes, Asparagus and Aioli

Premium 35 Minutes • 1 of your 5 a day

28



-  Potato
-  Flat Leaf Parsley
-  Lemon
-  Diced Chorizo
-  Panko Breadcrumbs
-  Grated Hard Italian Style Cheese
-  Mayonnaise
-  Cod
-  Garlic Clove
-  Asparagus

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Bowl, Garlic Press, Frying Pan, Wooden Spoon

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Diced Chorizo**	60g	90g	120g
Panko Breadcrumbs 13)	10g	20g	20g
Olive Oil*	1 tbsp	1 ½ tbsp	2 tbsp
Grated Hard Italian Style Cheese 7) 8)**	20g	30g	40g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Cod 4)**	2 fillet	3 fillet	4 fillet
Garlic Clove	½	1	1
Asparagus**	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	2266 /542	419 /100
Fat (g)	25	5
Sat. Fat (g)	7	1
Carbohydrate (g)	50	9
Sugars (g)	4	1
Protein (g)	36	7
Salt (g)	2.47	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potatoes** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Prep the Crust

Finely chop the **flat leaf parsley** (stalks and all), zest and halve the **lemon** and roughly chop the **chorizo**. Pop the **chorizo**, **breadcrumbs** and **olive oil** for the crumb (see ingredients for amount) into a bowl. Add the **cheese**, **lemon zest**, **half** the **parsley** and a grind of **pepper**. Mix together.



Roast the Cod

Put **three-quarters** of the **mayonnaise** into a bowl (set aside). Line a baking tray with baking paper and lay on the **cod fillets**. Spread the remaining **mayo** on top of the **cod pieces**, then spoon over the **chorizo crumb**. Push it down to ensure it sticks (don't worry if some of it falls off). **IMPORTANT: Wash your hands after touching raw fish.** Roast on the middle shelf of your oven until the crumbs are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT: The cod is cooked when opaque all the way through.**



Make the Aioli

Peel and grate the **garlic** (or use a garlic press). **TIP: Use less raw garlic if you don't love it.** Put the **garlic** in the bowl with the **mayo** and remaining **parsley**. Squeeze in a little of the **lemon juice**, season with **salt** and **pepper** and mix everything together. Leave to the side.



Fry the Asparagus

Chop off and discard the bottom 2cm of the **asparagus**. Halve the **asparagus** widthways. Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **asparagus** and season with **salt** and **pepper**. Fry for 1 minute, then add a splash of **water** and cover the pan with a lid or some tin foil. Immediately turn the heat to medium and steam until the **asparagus** is tender, 4-6 mins, then remove from the heat.



Finish and Serve

Serve the **cod** on plates with the **potatoes** and **asparagus** alongside. Add a spoonful of the **aioli**. Chop any remaining **lemon** into **wedges** and serve alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.