



Cheesy Chorizo Crusted Cod with Roast Potatoes, Asparagus and Aioli

Premium 35 Minutes • 1 of your 5 a day



Potato



Flat Leaf Parsley



Lemon



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:

Cutting Board, Knife, Baking Tray, Bowl, Garlic Press and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450 g	700 g	900 g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Chorizo**	60 g	90 g	120 g
Panko Breadcrumbs 13	10 g	20 g	20 g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese 7) 8)**	20 g	30 g	40 g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Cod 4)**	2	3	4
Garlic Clove	½	1	1
Asparagus**	200 g	300 g	400 g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	2285/546	422/101
Fat (g)	25	5
Sat. Fat (g)	7	1
Carbohydrate (g)	50	9
Sugars (g)	4	1
Protein (g)	36	7
Salt (g)	2.40	0.44

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** 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 if you don't love raw garlic. 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.



Cook 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.