



Cheesy Chorizo Crusted Cod with Roast Potatoes, Asparagus and Aioli

Premium 35 Minutes • 1 of your 5 a day

30



Potatoes



Flat Leaf Parsley



Lemon



Chorizo



Panko Breadcrumbs



Grated Hard Italian Style Cheese



Mayonnaise



Cod



Garlic Clove



Asparagus Bundles

Before you start

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

Cooking tools, you will need:

Baking Tray, Zester, Bowl, Lined Baking Tray, Garlic Press, Frying Pan with Lid.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Chorizo**	60g	90g	120g
Panko			
Breadcrumbs 13	10g	20g	20g
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps
Grated Hard			
Italian Style	25g	30g	40g
Cheese 7) 8)**			
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Cod 4)**	2	3	4
Garlic Clove	½	1	1
Asparagus			
Bundles**	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	2320/554	431/103
Fat (g)	25	5
Sat. Fat (g)	7	1
Carbohydrate (g)	50	9
Sugars (g)	4	1
Protein (g)	37	7
Salt (g)	2.41	0.45

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

You can recycle me!



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.



Make the Aioli

Peel and grate the **garlic** (or use a garlic press). **TIP:** Use less garlic if you don't love raw garlic. Put the **garlic** into 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.



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.



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.



Roast the Cod

Put **three-quarters** of the **mayonnaise** into a bowl and 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.



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.