



Cheesy Crusted Cod with Cheese & Parsley Colcannon

Classic 30-35 Minutes

4



Flat Leaf Parsley



Spring Onion



Lemon



Potatoes



Shredded Savoy Cabbage



Panko Breadcrumbs



Grated Hard Italian Style Cheese



Cod



Mayonnaise

Pantry Items
Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, fine grater, bowl, kitchen paper, baking tray,
baking paper, colander, potato masher and lid.

Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Lemon**	½	¾	1
Potatoes**	450g	700g	900g
Shredded Savoy Cabbage**	100g	150g	200g
Panko Breadcrumbs 13)	10g	25g	25g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Cod** 4)	2	3	4
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	1864 /446	400 /96
Fat (g)	14.1	3.0
Sat. Fat (g)	4.6	1.0
Carbohydrate (g)	46.9	10.1
Sugars (g)	4.8	1.0
Protein (g)	33.9	7.3
Salt (g)	0.76	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Roughly chop the **parsley** (stalks and all). Trim and thinly slice the **spring onion**. Zest and cut the **lemon** into **wedges**.



Roast the Cod

Pat the **cod** with kitchen paper to remove any excess moisture and season with **salt** and **pepper**. Lay onto a baking tray lined with baking paper.

Spread **half** the **mayo** over the top and sides of the **fish**. Spoon over the **breadcrumb mixture**, pressing it down with a spoon.

Bake the **cod** on the middle shelf of your oven until golden, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Start the Mash

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Add the **savoy cabbage** for the final 3 mins of cooking time.



Colcannon Time

Once the **potatoes** and **cabbage** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and roughly mash.

Season with **salt** and **pepper**, then stir through the **spring onion** and remaining **cheese** and **parsley**. Cover with a lid to keep warm.



Make the Crumb

Meanwhile, pop the **breadcrumbs**, **lemon zest**, **half** the **cheese** and **half** the **parsley** into a medium bowl with the **oil for the breadcrumbs** (see ingredients for amount). Season with **salt** and **pepper** and mix well.



Serve

When everything is ready, transfer the **cheesy crusted cod** to your plates with a helping of **colcannon** alongside.

Serve with a dollop of the remaining **mayo** and a **lemon wedge** for squeezing over.

Enjoy!