



# Cheesy Crusted Cod

with Spring Green Colcannon

**CLASSIC** 30 Minutes • 1 of your 5 a day



Flat Leaf Parsley



Spring Onion



Lemon



Potato



Sliced Spring Greens



Panko Breadcrumbs



Grated Italian Style Hard Cheese



Cod Fillet



Mayonnaise



## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Baking Tray, Colander and Potato Masher.

### Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Lemon**	½	¾	1
Potato**	1 small pack	1 large pack	2 small packs
Sliced Spring Greens**	1 small pack	1 large pack	2 small packs
Panko Breadcrumbs <b>13</b> )	10g	20g	20g
Grated Italian Style Hard Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Cod Fillet <b>4)**</b>	2	3	4
Mayonnaise <b>8) 9)</b>	1 sachet	1½ sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	487g	100g
Energy (kJ/kcal)	1920 /459	395 /94
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	46	10
Sugars (g)	4	1
Protein (g)	33	7
Salt (g)	0.67	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and 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  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



## 1. Get Prepped

Preheat the oven to 200°C. Bring a large saucepan of **water** to the boil for the potatoes. Roughly chop the **parsley** (stalks and all). Trim the **spring onions** then slice thinly. Zest and halve the **lemon**.



## 4. Roast the Cod

Line a baking tray with baking paper. Pat the **cod fillets** dry with some kitchen roll and season both sides with **salt** and **pepper**. Lay them on the baking paper. Spread **half** the **mayo** on the top and sides of the **cod pieces** (we'll use the rest later), then spoon over the **cheesy crumb**. Push it down to ensure it sticks (don't worry if some of it falls off). **IMPORTANT: Wash your hands after handling raw fish!** Roast on the middle shelf of your oven until the **crumbs** are golden and the fish is cooked, 10-12 mins. **IMPORTANT: The cod is cooked when opaque all the way through.**



## 2. Boil the Potatoes

Chop the **potatoes** into 2cm chunks (no need to peel!). When boiling add the **potatoes** to the **water** along with ½ tsp of **salt** and cook until you can easily slip a knife through, 15-20 mins. Add the **spring greens** for the final 3 mins of the cooking time.



## 5. Mash the Potatoes

Once the **potatoes** and **cabbage** are cooked, drain well 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). Mash until the **potatoes** are smooth. Season with **salt** and **pepper** and stir through the remaining **cheese**, **parsley** and all the **spring onion**. Cover with a lid to keep warm. Cut the **lemon** into wedges.



## 3. Make the Crumb

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



## 6. Serve!

Divide the **cheesy mash** between plates and serve with the **fish** and **lemon wedges**. Add a dollop of remaining **mayo**.

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.