



# Korma Baked Cod and Chips with Fragrant Peas and Mango Chutney

Calorie Smart 30-35 Minutes • Mild Spice • Under 650 Calories

28



Potatoes



Coriander



Garlic Clove



Echalion Shallot



Korma Style Paste



Cod



Peas



Mango Chutney

**Pantry Items**  
Butter, Mayonnaise

## Before you start

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

## Cooking tools

Baking tray, garlic press, bowl, kitchen paper, baking paper, frying pan and bowl.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Echalion Shallot**	1	1½	2
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Cod** 4)	2	3	4
Butter*	20g	30g	40g
Peas**	120g	180g	240g
Mango Chutney	1 sachet	1½ sachets	2 sachets
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	2411 /576	482 /115
Fat (g)	23.8	4.8
Sat. Fat (g)	6.8	1.4
Carbohydrate (g)	62.2	12.5
Sugars (g)	19.4	3.9
Protein (g)	29.8	6.0
Salt (g)	2.10	0.42

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

4) Fish 9) Mustard

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.

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## Make the Chips

Preheat your oven to 200°C.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



## Cook the Peas

When the **chips** have 5 mins of cooking time left, melt the **butter** (see ingredients for amount) in a small frying pan on medium-high heat.

Stir in the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and cook for 1 min more, then add the **peas**.

Stir-fry until piping hot, 2-3 mins. Season to taste with **salt** and **pepper**.



## Prep Time

Meanwhile, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces.

Add the **korma style paste** into a medium bowl and season with **salt** and **pepper**.

Pat the **cod** with kitchen paper to remove any excess moisture, then add to the bowl. Use your hands to coat the **fish** well.



## Finish Up

Meanwhile, in a small bowl, mix together the **mango chutney** and **mayo** (see ingredients for amount).

When the **peas** are cooked, add **half** the **coriander** to the pan and stir through until wilted.



## Bake the Fish

Line a baking tray with baking paper and lay on the **korma cod fillets**.

Once the **chips** have been in the oven for 15 mins, pop the tray onto the middle shelf and roast until the **fish** is cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



## Serve

When everything is ready, plate up the **korma cod** with the **chips** and **peas** alongside.

Finish with a dollop of **mango chutney mayo** and a sprinkle of the remaining **coriander** over the top.

## Enjoy!

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