



# Peri Peri Breaded Cod with Garlicky Beans and Spiced Wedges

Calorie Smart Eat Me Early • 35 Minutes • 1 of your 5 a day • Under 600 Calories

28



Potatoes



Peri Peri Seasoning



Green Beans



Garlic Clove



Panko Breadcrumbs



Mayonnaise



Cod

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Frying Pan and Kitchen Paper, Aluminium Foil

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Peri Peri Seasoning	2 sachets	2 sachets	4 sachets
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Panko Breadcrumbs <b>13</b>	25g	35g	50g
Mayonnaise <b>8</b> <b>9</b>	1 sachet	2 sachets	2 sachets
Cod** <b>4</b>	2	3	4

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	1618/387	361/86
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	55	12
Sugars (g)	3	1
Protein (g)	29	7
Salt (g)	0.75	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

## Allergens

4) Fish 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?

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HelloFresh UK

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You can recycle me!



## Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, then season with **salt, pepper** and **half** of the **peri peri seasoning**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## Coat the Fish

Add the **mayonnaise** to a medium bowl. Pat the **cod fillets** dry with some kitchen roll and season the **fish** with **salt** and **pepper**, then add to the **mayonnaise** bowl. Coat the **fish** all over with **mayonnaise**. Place the **fish** into the **peri peri breadcrumbs** one piece at a time and turn the **fish** to coat in the **breadcrumbs**. **TIP:** Make sure the fish is evenly coated.



## Prep

Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). In a medium sized bowl, combine the **panko breadcrumbs** with the remaining **peri peri seasoning** and a pinch of **salt** and **pepper**.



## Fry the Fish

When the **potatoes** have 10 mins left in the oven, wipe out the frying pan, add a glug of **oil** and pop on medium-high heat. When the **oil** is hot, add the **fish** and fry until golden and crispy, 4-5 minutes on each side. **IMPORTANT:** Wash your hands after handling raw fish. The fish is cooked when opaque in the middle.



## Cook the Beans

Heat a splash of **oil** in a large frying pan over high heat. When hot, add the **beans**, a splash of **water** and season with **salt** and **pepper**. Stir-fry until the **beans** are tender, 3-4 mins. Add the **garlic** to the pan, reduce the heat then stir and continue to cook for 1 min. Transfer the **beans** to a bowl, cover with foil and set aside. Keep the frying pan - you'll use it to cook the **fish**.



## Time to Serve

Share the **peri peri wedges** between your plates. Serve the **fish** alongside with the **beans**.

## 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.