



Peri Peri Breaded Cod

with Garlicky Beans and Spiced Wedges

Calorie Smart Eat Me First • 40 Minutes • 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 and Frying Pan.

Ingredients

Potatoes**	450g	3P 700g	4P 900g
Peri Peri Seasoning	2 sachets	2 sachets	4 sachets
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	25g	35g	50g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise 8)	1 sachet	2 sachets	2 sachets
Cod** 4)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	1652/395	373/89
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	57	13
Sugars (g)	6	1
Protein (g)	25	6
Salt (g)	0.83	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

4) Fish 8) Egg 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

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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, 25-35 mins. Turn halfway through.



Coat the Fish

Lay the **cod** onto a baking tray lined with baking paper. Spread the **mayonnaise** over the top and sides of the **fish**. Spoon over the **breadcrumbs**, pressing it down with the spoon. Bake the **fish** on the middle shelf of the oven until golden, 10-15 mins. **IMPORTANT: Wash your hands after handling raw fish. The fish is cooked when opaque in the middle.**



Prep

Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press).



Cook the Beans

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of water and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Make the Crumb

In a medium sized bowl, combine the **panko breadcrumbs** with the remaining **peri peri seasoning, oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix to combine.



Time to Serve

Serve the **cod** on your plates with the **beans** and **peri peri wedges** 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.