



# Peri Peri Breaded Cod with Garlicky Beans and Spiced Wedges

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

28



Potatoes



Peri Peri Seasoning



Green Beans



Garlic Clove



Panko Breadcrumbs



Mayonnaise



Cod

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

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

## 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 13)	25g	35g	50g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise 8) 9)	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	453g	100g
Energy (kJ/kcal)	1732 /414	383 /91
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	56	12
Sugars (g)	5	1
Protein (g)	29	6
Salt (g)	0.76	0.17

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

## Allergens

4) Fish 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.

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## Contact

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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 the peri peri seasoning** (use less if you don't like heat). Toss to coat, then 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, 25-35 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 **breadcrumb mixture**, pressing it down with a spoon. Bake the **fish** on the middle shelf of the 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.



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## Quick 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. Once the pan is 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 bowl, combine the **panko breadcrumbs** with the remaining **peri peri seasoning** (use less if you don't like heat), **oil for the breadcrumbs** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix to combine.



## Time to Serve

When everything is ready, serve the **peri peri cod** on your plates with the **spiced wedges** and **beans** alongside.

Enjoy!