



PESTO CRUSTED COD

with Mashed Potato and Roasted Carrots



HELLO HAZELNUTS

In America these nuts are known as 'filberts'. In the UK you'll sometimes hear them called 'cobnuts'.



Potato



Carrot



Dried Thyme



Basil



Hazelnuts



Panko Breadcrumbs



Cod Fillet



Vegetable Stock Powder



Unsalted Butter

40 mins

2 of your
5 a day

Hazelnuts and herbs combine to make a fabulous pesto crust for flaky cod. Served with fluffy mash and sweet, thyme-roasted carrots, it makes a colourful and - more importantly - delicious plateful!

MEAL BAG

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Peeler**, some **Baking Paper**, two **Baking Trays**, some **Foil**, a **Colander**, **Potato Masher** and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 180°C and put a large saucepan of water with a pinch of salt on to boil for the potato. Chop the potato into 2cm chunks (no need to peel). Peel the **carrot** and remove the top and bottom, then halve lengthways and chop into batons the size of your index finger.



2 COOK THE VEGGIES

Put the **carrot** on a lined baking tray in a single layer. Drizzle with **oil** and season with **salt**, **pepper** and the **dried thyme**. Roast on the top shelf of your oven until soft and slightly crispy, 20-25 mins. Pop the **potato** into your pan of boiling water. Cook for 15-20 mins. **★ TIP:** The potato is cooked when you can easily slip a knife through.



3 MAKE THE PESTO

Meanwhile, finely chop the **basil** (stalks and all). Crush the **hazelnuts** in their pack with a rolling pin or the base of a saucepan. Mix **half the basil** and all of the **nuts** in a small bowl with the **panko breadcrumbs**, **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. **★ TIP:** If the pesto is a little dry, just add a splash more oil.



4 BAKE THE FISH

Line another baking tray with baking paper. Drizzle with **oil** and lay the **cod** on the tray. Spoon the **pesto** evenly over the **fish**, pressing down with the back of your spoon as you go. Cook on the middle shelf of your oven for 15-17 mins. **★ TIP:** The fish is cooked when the centre is opaque.



5 MASH THE POTATO

Drain the **potato** in a colander, then return to the pan. Add a little **olive oil** and a splash of **milk** (if you have some). Season with **salt** and **pepper**. Mash until smooth, then taste and add more seasoning if necessary. **★ TIP:** Tasting is essential! Put a lid on the pan to keep the mash warm while you finish up.



6 FINISH AND SERVE

Heat a small frying pan on medium-high heat, add the **stock powder** and **water** (see ingredients for amount). Bring to the boil and stir to dissolve the **stock powder**. As the **stock** bubbles away, whisk in the **butter** and remaining **basil**. Remove from the heat and add a grind of **pepper**. Serve the **pesto cod** on top of the **mashed potato** with the **roasted carrots** to one side. Drizzle the **butter sauce** over your **cod**. **ENJOY!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Carrot	2	3	4
Dried Thyme	½ pot	½ pot	½ pot
Basil	1 bunch	1 bunch	1 bunch
Hazelnuts 2)	1 pack	1 pack	1 pack
Panko Breadcrumbs 13)	½ pot	¾ pot	1 pot
Olive Oil*	3 tbsp	4 tbsp	6 tbsp
Cod Fillet 4)	2	3	4
Vegetable Stock powder 10)	½ pot	½ pot	1 pot
Water*	50ml	75ml	100ml
Unsalted Butter 7)	15g	30g	30g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 490G	PER 100G
Energy (kcal)	509	104
(kJ)	2130	435
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	60	12
Sugars (g)	11	2
Protein (g)	30	6
Salt (g)	0.64	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 4) Fish 7) Milk 10) Celery 13) Gluten

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

THUMBS UP OR THUMBS DOWN?

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