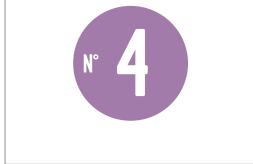




Pesto Crusted Cod

with Mashed Potato, Roasted Carrots and Butter Sauce

Classic 40 Minutes • 1 of your 5 a day



Potatoes

Carrot



Echalion Shallot



Garlic Clove



Dried Thyme



Panko Breadcrumbs



Pesto



Cod



Cider Vinegar



Vegetable Stock Powder



Unsalted Butter

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Baking Tray, Bowl, Frying Pan, Wooden Spoon, Measuring Jug, Colander.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	3	4	6
Echalion Shallot**	1	1	2
Garlic Clove	1	2	2
Dried Thyme	1 small pot	1 large pot	2 small pots
Panko Breadcrumbs 13	25g	25g	50g
Pesto 7	1 sachet	2 sachets	2 sachets
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Cod 4	2 fillets	3 fillets	4 fillets
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Unsalted Butter 7 **	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	573g	100g
Energy (kJ/kcal)	2411 /576	421 /101
Fat (g)	23	4
Sat. Fat (g)	11	2
Carbohydrate (g)	66	12
Sugars (g)	13	2
Protein (g)	27	5
Salt (g)	1.36	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7)** Milk **10)** Celery **13)** Gluten **14)** Sulphites

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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HelloFresh UK

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Prep the Veggies

Preheat your oven to 200°C. Put a large saucepan of **water** with ½ tsp **salt** on to boil for the potatoes. Chop the **potato** into 2cm chunks (no need to peel). Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



Bake the Fish

Line a baking tray with baking paper and drizzle with **oil**. Pat the **cod** dry with kitchen paper and lay on the tray. Spoon the **pesto crumb** evenly over the **fish**, pressing down with the back of your spoon as you go. Cook on the middle shelf of your oven for 12-15 mins. **IMPORTANT:** Wash your hands after handling raw fish. **IMPORTANT:** The fish is cooked when opaque all the way through.



Cook the Veggies

Put the **carrots** on a baking tray. Drizzle with **oil** and season with **salt**, **pepper** and the **thyme**. Toss to coat, spread out in a single layer and roast on the top shelf of your oven until tender, 20-25 mins. When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Sauce

Heat a drizzle of **oil** in a medium frying pan on medium heat. Add the **shallot** and stir-fry until softened, 3-4 mins. Stir in the **garlic** and cook, stirring for 1 minute, then add the **vinegar** and allow it to evaporate, 1-2 mins. Pour in the **water** (see ingredients for amount) and **vegetable stock powder**, bring to the boil and simmer until reduced by half, 2-3 mins. Vigorously stir in the **butter** until melted, then take it all off the heat.



Make the Pesto Crumb

Meanwhile, pop the **breadcrumbs**, **pesto** and **oil** (see ingredients for amount) into a bowl and mix together.



Serve

Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**. Cover with a lid to keep warm. Serve the **cod** with the **potatoes** and **carrots** alongside and a drizzle of **sauce**.

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.