



Pesto Crusted Cod

with Mashed Potato, Roasted Carrots and Butter Sauce

Calorie Smart 45 Minutes • 1 of your 5 a day • Under 600 calories



-  Potatoes
-  Carrot
-  Echalion Shallot
-  Garlic Clove
-  Panko Breadcrumbs
-  Pesto
-  Cod
-  Cider Vinegar
-  Vegetable Stock Paste
-  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, Baking Paper, Frying Pan, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	3	4	6
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Panko Breadcrumbs 13	25g	35g	50g
Pesto** 7	32g	50g	64g
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Cod** 4	2	3	4
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
Unsalted Butter** 7	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	588g	100g
Energy (kJ/kcal)	2488 / 595	423 / 101
Fat (g)	25	4
Sat. Fat (g)	11	2
Carbohydrate (g)	66	11
Sugars (g)	16	3
Protein (g)	28	5
Salt (g)	1.50	0.26

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

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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Packed in the 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 (peel first if you prefer). 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. Bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** *Wash your hands after handling raw fish. 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** and **pepper**. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. 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 for 1 min. Add the **vinegar** and allow it to evaporate, 1-2 mins. Pour in the **water for the sauce** (see ingredients for amount) and **vegetable stock paste**, bring to the boil and simmer until reduced by half, 2-3 mins. Vigorously stir in the **butter** until melted, then take off the heat.



Make the Pesto Crumb

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



Finish and 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**. Serve the **cod** with the **mash** and **carrots** alongside, then spoon over the **butter 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.