











Roasted Cod and Mini Roast Potatoes with Warm Tomato and Pepper Salsa

Classic 35-40 Minutes • 2 of your 5 a day

4



-  Potatoes
-  Baby Plum Tomatoes
-  Red Onion
-  Bell Pepper
-  Garlic Clove
-  Cider Vinegar
-  Cod
-  Dukkah Mix

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, garlic press, frying pan, lid and plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Baby Plum Tomatoes	125g	188g	250g
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Cod** 4)	2	3	4
Dukkah Mix 1) 2) 3) 10)	1 pot	2 pots	2 pots

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	554g	100g
Energy (kJ/kcal)	1498 /358	271 /65
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	53	10
Sugars (g)	10	2
Protein (g)	29	5
Salt (g)	0.13	0.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 4) Fish 10) Celery 14) Sulphites

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.

Contact

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 1cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. 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.



Cook the Cod

Meanwhile, pat the **cod** with kitchen paper to remove any excess moisture and season with **salt** and **pepper**. Line a baking tray with baking paper and lay on the **cod fillets**. Sprinkle the **dukkah** over each **fillet**, patting it down so it sticks. Drizzle with a little **oil**, then set aside. When the **potatoes** have 15 mins cooking time left, roast the **cod** on the middle shelf until cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Prep the Veg

Meanwhile, halve the **baby plum tomatoes**. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then halve the strips. Peel and grate the **garlic** (or use a garlic press).



Finish the Salsa

Take the lid off the frying pan, then stir in the **tomatoes** and **garlic**. Cook uncovered until the **tomatoes** start to soften and break down, 3-4 mins. Once cooked, take off the heat and set aside until ready to serve.



Start the Salsa

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. When hot, add the **sliced onion, pepper, cider vinegar** and a pinch of **sugar** (if you have any). Allow the **vinegar** to evaporate, then add a splash of **water** and cover the pan with a lid. Allow to cook until the **veg** is soft, 8-10 mins, stirring occasionally to ensure the **veg** doesn't stick to the bottom of the pan.



Time To Serve

When everything is ready, share the **mini roast potatoes** between your plates and serve with the **roasted cod**. Spoon the **warm salsa** on the side to finish.

Enjoy!