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Smokey Cod with Roasted New Potatoes, Chorizo Dressing and Caramelised Courgettes

Have you ever been awoken by the smell of smoked paprika infused cod while taking a siesta on the Spanish coast? Me neither! But it sounds delightful and our chef André had that very experience when he was on holiday last year. Let his smokey cod with roasted new potatoes, chorizo dressing and caramelised courgettes whisk you away to the shores of Spain this dinner time!



30 mins



lactose free



gluten free



healthy



New Potatoes
(1 pack)



Red Onion (1)



Cod Fillet (2)



Lemon (1)



Smoked Paprika (1 tsp)



Courgette (1)



Garlic Clove (2)



Flat Leaf Parsley
(5 tbsp)



Chorizo (1 pack)

Ingredients

	2 PEOPLE	ALLERGENS
New Potatoes, halved	1 pack	
Red Onion, sliced	1	
Cod Fillet	2	Fish
Lemon	1	
Smoked Paprika	1 tsp	
Courgette, chopped	1	
Garlic Clove, chopped	2	
Flat Leaf Parsley, chopped	5 tbsp	
Chorizo	1 pack	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Cod needs cold, deep, Arctic waters to grow, reproduce and survive. Some say this is why the word 'cod' is so similar to the word 'cold'!

Nutrition per serving: Calories: 565 kcal | Protein: 37 g | Carbs: 57 g | Fat: 23 g | Saturated Fat: 5 g

1



1 Pre-heat your oven to 200 degrees. Cut the **new potatoes** in half lengthways and place in a roasting tray. Toss in 2 tbsp of **olive oil**, $\frac{1}{4}$ tsp of **salt** and a good grind of **black pepper**. Pop in the oven for 25 mins.

4



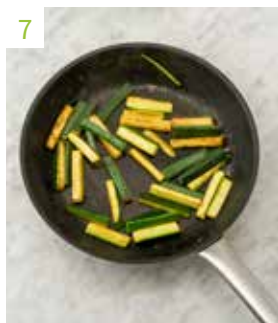
2 Peel the **onion**, remove the ends, cut in half and slice into thin half moon slices. After 15 mins add the sliced **onion** to the **potatoes** in the oven, toss together and roast for a further 10 mins.

6



3 Whilst the **potatoes** are cooking, marinate the **cod**. Zest the **lemon** and mix with 1 tbsp of **olive oil** and the **smoked paprika**. Smear this all over the skinless side of the **cod** and place the fish back in the fridge while you get on with everything else.

7



4 Chop the ends off the **courgette**, cut into six strips lengthways and then cut the strips into 3cm batons.

5 For the dressing, peel and finely chop the **garlic**. Pick and roughly chop the **parsley** leaves. Juice half the **lemon**. Heat 2 tbsp of **olive oil** in a frying pan on a medium heat. Add the **chorizo** and cook for 5 mins until the **chorizo** is nicely browned. Remove from the heat

and stir in the chopped **garlic**. Add the **lemon** juice and chopped **parsley**. Stir well and transfer to a bowl.

6 Once the potatoes are cooked, remove from the oven and cover with foil to keep warm. Heat your grill to its highest setting and cook the **cod** skin side down for 7-8 mins or until the centre is opaque.

7 Whilst the **fish** is cooking, heat a large frying pan until very hot. Add 1 tbsp of **oil** to the pan and add the **courgettes**. Allow the **courgettes** to take on a nice golden brown colour before turning them. This should take around 1 minute. Continue this process until the **courgettes** are golden brown all over. Season with a good pinch of **salt** and a generous grind of **black pepper**.

8 Juice the other half of the **lemon** and squeeze over the fish. Serve on a bed of roasted potatoes, red onions and courgette. Finish the dish with the chorizo vinaigrette. Delicious!