



# Cajun Crumbed Cod and Paprika Potatoes with Paprika Mayo and Garlic Broccoli

6

Classic 40 Minutes • Medium Spice • 1 of your 5 a day



Potatoes



Smoked Paprika



Panko Breadcrumbs



Cajun Spice Mix



Grated Hard Italian Style Cheese



Cod Fillet



Mayonnaise



Broccoli



Garlic Clove

## 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, bowl, garlic press, frying pan, lid, kitchen paper and baking paper.

## Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs <b>13</b>	25g	35g	50g
Cajun Spice Mix	1 pot	1 pot	2 pots
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	40g	80g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Cod Fillet** <b>4)</b>	2	3	4
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp
Broccoli**	1	1	2
Garlic Clove**	2	3	4

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	580g	100g
Energy (kJ/kcal)	2366/566	408/98
Fat (g)	20	4
Sat. Fat (g)	5	1
Carbohydrate (g)	59	10
Sugars (g)	7	1
Protein (g)	38	7
Salt (g)	1.44	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Gluten

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 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle on **half** the **smoked paprika**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.



## Mix the Paprika Mayo

While everything bakes, mix the **mayonnaise**, remaining **smoked paprika** and **water for the mayo** (see ingredients for amount) in another small bowl. Season with **salt** and **pepper** and set aside.



## Make the Crumb

In a small bowl, mix together the **panko breadcrumbs**, **Cajun spice mix** (add less if you don't like heat), **grated hard Italian style cheese** and **oil for the breadcrumbs** (see ingredients for amount). Season with **salt** and **pepper**, then set aside.



## Cook the Broccoli

Chop the **broccoli** into **florets** (like small trees). Halve any large **florets**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **broccoli** and stir-fry for 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **broccoli** is tender, 4-5 mins.



## Bake the Cod

Pat the **cod** with kitchen paper to remove any excess moisture. Lay the **cod fillets** onto a baking tray lined with baking paper. Drizzle with **oil** and season with **salt** and **pepper**. Divide the **breadcrumb mix** evenly between the two **fillets** and press down firmly to keep in place. Bake on the top shelf of the oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



## Serve

When everything is ready, serve the **cod** with the **paprika potatoes** and **garlic broccoli** alongside. Drizzle over some **paprika mayo** and serve the rest alongside for dipping.

Enjoy!