



Cajun Crumbed Cod and Paprika Potatoes

with Paprika Mayo and Garlic Broccoli

28

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Smoked Paprika



Panko Breadcrumbs



Cajun Spice Mix



Grated Hard Italian Style Cheese



Cod Fillet



Mayonnaise



Broccoli Florets



Garlic Clove

Pantry Items
Oil

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, kitchen paper, baking paper, garlic press, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	25g	35g	50g
Cajun Spice Mix	1 pot	1 pot	2 pots
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Cod Fillet** 4)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp
Broccoli Florets**	200g	200g	400g
Garlic Clove**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2264 /541	442 /106
Fat (g)	19.6	3.8
Sat. Fat (g)	5.2	1.0
Carbohydrate (g)	55.4	10.8
Sugars (g)	4.7	0.92
Protein (g)	38.1	7.4
Salt (g)	1.28	0.25

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

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Cereals containing 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.

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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**, then set your **paprika mayo** 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.



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** between your **fillets** and press down firmly.

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.



Cook the Broccoli

Halve any large **broccoli 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.

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.



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!

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