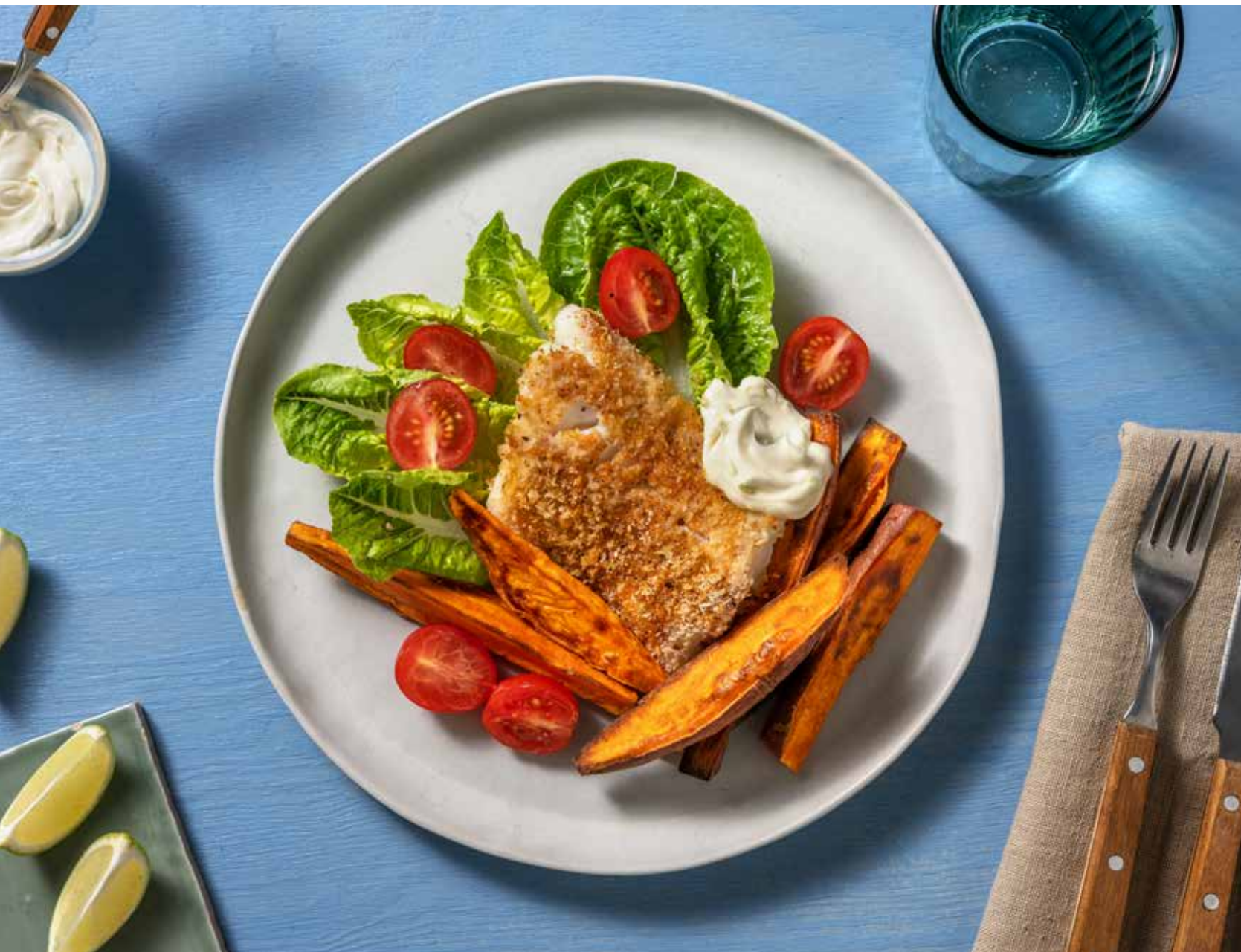




Cajun Crusted Cod and Sweet Potato Wedges with Salad and Zesty Mayo

Classic 35 Minutes • Medium Spice • 2.5 of your 5 a day

4



Sweet Potato



Lime



Panko Breadcrumbs



Cajun Spice Mix



Cod



Baby Plum Tomatoes



Baby Gem Lettuce



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Baking Trays and Fine Grater.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Lime**	½	1	1
Panko Breadcrumbs 13)	10g	25g	25g
Cajun Spice Mix	1 small pot	1 large pot	1 large pot
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Cod 4) **	2	3	4
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Baby Gem Lettuce**	1	2	2
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Olive Oil for the Salad*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	1912 / 457	372 / 89
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	63	12
Sugars (g)	18	4
Protein (g)	26	5
Salt (g)	0.68	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **8)** Egg **9)** Mustard **13)** Gluten

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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1



Sweet Potato Time!

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.

2



Crumb Time!

Zest and halve the **lime**. Pop the **panko breadcrumbs** into a small bowl with the **Cajun spice mix**, **olive oil** (see ingredients for amount), half the **lime zest** and season with **salt** and **pepper**. Mix together.

3



Crumb the Fish

Line a baking tray with baking paper. Pat the **cod fillets** dry with some kitchen paper and season both sides with **salt** and **pepper**. Lay them on the baking paper then spoon over the **Cajun crumb**. Push it down to ensure it sticks (don't worry if some of it falls off). **IMPORTANT:** Wash your hands after handling raw fish! Set aside.

4



Salad Time!

Halve the **tomatoes**. Trim the root from the **baby gem lettuce** then separate the leaves. Squeeze **half the lime** into a large bowl, add the **olive oil** (see ingredients for amount), season with **salt** and **pepper**. Add the **tomatoes** then pop the **lettuce leaves** on top but don't mix it together yet!

5



Cook the Fish!

When the **sweet potatoes** have about 10 mins left, roast the **fish** on the middle shelf of your oven until the **crumbs** are golden and the **fish** is cooked, 10-12 mins. **IMPORTANT:** The cod is cooked when opaque all the way through. Meanwhile, pop the **mayo** into a small bowl, add the remaining **lime zest**, season with **salt** and **pepper** and stir together. Cut the remaining **lime** into wedges.

6



Serve!

Divide the **fish**, **sweet potatoes** and **salad** between plates. Serve with the **zesty mayo** and **lime wedges** for squeezing.

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.