



# CAJUN LEMON COD

with Roasted Veggies



## HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Potato



Carrot



Thyme



Lemon



Cod Fillet



Cajun Spice Blend



Courgette



Garlic Clove



Unsalted Butter

At the Fresh Farm, we've noticed that the word Cajun is thrown around a lot! It's always 'Cajun this' and 'Cajun that'. But Cajun isn't just another spice like paprika or cumin, it's a whole cooking tradition created by the French when they moved to Southern Louisiana. It was born out of fusion! And we LOVE fusion!

35 mins

1.5 of your 5 a day

Medium heat

MEAL BAG

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, some **Baking Paper**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**) and **Frying Pan**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel!). Peel the **carrot** and remove the top and bottom, then chop into batons about the size of your index finger. Pick the **thyme leaves** from their stalks (discard the stalks). Halve the **lemon**.



### 2 ROAST THE VEGGIES

Pop the **potato** and **carrot** on a lined baking tray and drizzle over a splash of **oil**. Season with **salt** and **pepper**, sprinkle over the **thyme leaves**, toss to coat and spread out in a thin layer. Roast on the top shelf of your oven for 25-30 mins or until the **potato** is crispy and the **carrot** tender. Turn halfway through cooking.



### 3 MARINATE THE COD

Meanwhile, put the **cod** in a bowl. Squeeze in the **lemon juice**. Add the **Cajun spice blend** and a pinch of **salt** and **pepper**. Gently turn the **fish** in the **marinade** so it gets a nice even coating. **★ TIP:** *Some like it hot but if you don't, just go easy on the Cajun spice blend!*



### 4 CHOP THE COURGETTE

Cut the top and bottom from the **courgette**, then chop into similar-sized batons to the **carrot**. Peel and grate the **garlic** (or use a garlic press). When the **potato** and **carrot** have been roasting for 15 mins, add the **courgette** to the baking tray for the remainder of the cooking time, 10-15 mins.



### 5 COOK THE FISH

When the **courgette** has been in for 10 mins, heat the **butter** in a frying pan on medium heat. Once hot, add the **garlic** and cook for 1 minute. Carefully place the **cod** in the pan (leave the marinade in the bowl for now!). Cook for 3 mins before turning over and cooking for 3 mins on the other side.

**❗ IMPORTANT:** *The fish is cooked when the centre is opaque.*



### 6 FINISH AND SERVE

Remove the **cod** from the pan. Add the remaining **lemony spice marinade** to the pan along with a splash of **water**. Heat, stirring, until bubbling. Get the **veggies** out of your oven. Serve the **Cajun lemon cod** on top of the **roasted veggies** and drizzle the **lemony spice juices** over the top. **Delicious!**

## 2 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Carrot, chopped	2
Thyme	½ bunch
Lemon, halved	½
Cod Fillet 4)	2
Cajun Spice Blend	¾ tsp
Courgette, chopped	1
Garlic Clove, grated	2
Unsalted Butter 7)	15g

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 609G	PER 100G
Energy (kcal)	427	70
(kJ)	1784	293
Fat (g)	8	1
Sat. Fat (g)	5	1
Carbohydrate (g)	57	9
Sugars (g)	13	2
Protein (g)	30	5
Salt (g)	0.32	0.05

### ALLERGENS

4) Fish 7) Milk

**Cajun Spice Blend:** Cayenne Pepper, Green Cardamom, Cumin Seed, Black Peppercorns, Sea Salt, Fennel, Garlic, Coriander Seed, Red Chillies, Oregano, Thyme.

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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