



Caribbean Style Jerk Spiced Cod

with Sweet Potato Wedges, Green Beans and Garlic Aioli

28

Calorie Smart Eat Me Early • 40-45 Minutes • Medium Spice • Under 650 Calories



Sweet Potato



Garlic Clove



Lime



Caribbean Style Jerk



Cod



Green Beans



Red Chilli

Pantry Items

Olive Oil, Mayonnaise

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, garlic press, aluminium foil, bowl, baking paper, frying pan and lid.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Garlic Clove**	2	4	4
Lime**	1	1	1
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Cod** 4)	2	3	4
Green Beans**	150g	200g	300g
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp
Red Chilli**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2289 /547	443 /106
Fat (g)	20	4
Sat. Fat (g)	2	1
Carbohydrate (g)	62	12
Sugars (g)	18	3
Protein (g)	26	5
Salt (g)	0.95	0.18

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

Allergens

4) Fish 9) Mustard

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 Sweet Potatoes

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Cook the Beans

Meanwhile, trim the **green beans**. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the **green beans** and stir-fry until starting to char, 3-4 mins. Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat and season with **salt** and **pepper**. Cover to keep warm.



Marinate the Cod

Meanwhile, peel and grate **half** the **garlic** (or use a garlic press). Pop the remaining (unpeeled) **garlic** into a small piece of foil with a drizzle of **oil** and scrunch to enclose it, then set aside. Halve the **lime**. In a large bowl, combine the **Caribbean style Jerk**, **olive oil for the marinade** (see ingredients for amount) and **grated garlic**. Season with **salt** and **pepper**, then squeeze in the **juice of half** the **lime**. Pop the **cod** into the bowl and turn in the **marinade** to coat well.



Make the Garlic Aioli

Next, pop the **mayonnaise** into a small bowl (see ingredients for amount). Once the **garlic** is roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add to the bowl of **mayo**, season with **salt** and **pepper**, then mix together. Set the **garlic aioli** aside. Halve the **chilli** lengthways, deseed, then finely chop (see ingredients for amount).



Get Baking

Line a baking tray with baking paper and lay the **marinated cod** on one side and the **garlic parcel** on the other. Once the **sweet potato** has roasted for about 15 mins, pop the **cod** baking tray onto the middle shelf and bake until the **fish** is cooked and the **garlic** is soft, 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, transfer the **cod** to your plates and sprinkle over the **red chilli** (use less if you don't like too much heat). Serve the **wedges** and **green beans** alongside with the **garlic aioli** for dipping. Cut any remaining **lime** into **wedges** for squeezing over.

Enjoy!

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