

Cheesy Chorizo Crusted Cod

with Roast Potatoes, Asparagus and Aioli

PREMIUM 35 Minutes • 1.5 of your 5 a day









Potato







Lemon



Diced Chorizo



Breadcrumbs



Grated Hard Italian Style Cheese





Mayonnaise



Garlic Clove



Asparagus

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1/2	1	1
Diced Chorizo 7)**	60g	90g	120g
Panko Breadcrumbs 13)	10g	20g	20g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese 7) 8) **	½ pack	¾ pack	1 pack
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Cod 4) **	2	3	4
Garlic Clove	1/2	1	1
Asparagus**	1 large pack	2 small packs	2 large packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	2843 /680	514/123
Fat (g)	38	7
Sat. Fat (g)	8	1
Carbohydrate (g)	47	9
Sugars (g)	4	1
Protein (g)	40	7
Salt (g)	2.41	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

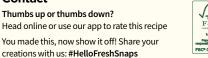
4) Fish 7) Milk 8) Egg 9) Mustard 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Roast the Potatoes

Preheat your oven to 200°C. Chop the potatoes into 2cm chunks (no need to peel). Pop the potatoes on a baking tray and drizzle with oil. Season with salt and pepper. Toss to coat in the oil, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



2. Prep the Crust

Finely chop the flat leaf parsley (stalks and all), zest and halve the **lemon** and roughly chop the chorizo. Pop the chorizo, breadcrumbs and olive **oil** for the crumb (see ingredients for amount) into a bowl. Add the cheese, lemon zest, half the **parsley** and a grind of **pepper**. Mix together.



3. Roast the Cod

Put three-quarters of the mayonnaise into a bowl (set aside). Line a baking tray with baking paper and lay on the **cod fillets**. Spread the remaining mayo on top of the cod pieces, then spoon over the **chorizo crumb**. Push it down to ensure it sticks (don't worry if some of it falls off). IMPORTANT: Wash your hands after touching raw fish! Roast on the middle shelf of your oven until the **crumbs** are golden and the **fish** cooked, 10-15 mins. **IMPORTANT:** The cod is cooked when opaque all the way through.



4. Make the Aioli

Peel and grate the garlic (or use a garlic press). **TIP:** Use less garlic if you don't love raw garlic. Put the garlic in the bowl with the mayo and remaining **parsley**. Squeeze in a little of the lemon juice, season with salt and pepper and mix everything together. Leave to the side.



5. Fry the Asparagus

Chop off and discard the bottom 2cm of the asparagus. Halve the asparagus widthways. Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the asparagus and season with salt and pepper. Fry for one minute, then add a splash of water and cover the pan with a lid or some tin foil. Immediately turn the heat to medium and steam until the asparagus is tender, 4-6 mins, then remove from the heat.



6. Finish and Serve

Serve the cod on plates with the **potatoes** and asparagus alongside. Add a spoonful of the aioli. Chop any remaining lemon into wedges and serve alongside.

Enjoy!