



# Cheesy Chorizo Crusted Cod

with Roast Potatoes, Asparagus and Aioli

**PREMIUM** 35 Minutes • 1.5 of your 5 a day

N° 13



-  Potato
-  Flat Leaf Parsley
-  Lemon
-  Diced Chorizo
-  Panko Breadcrumbs
-  Grated Hard Italian Style Cheese
-  Mayonnaise
-  Cod
-  Garlic Clove
-  Asparagus

## Before you start

Our fruit, veggies and herbs need a wash before you 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**	½	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	½	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

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## 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.



## 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.



## 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.



## 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.



## 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.



## 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!