



Cheesy Chorizo Crusted Cod with Roast Potatoes, Asparagus and Aioli

Premium 35 Minutes • 1.5 of your 5 a day

23



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

Before you start

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

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	60g	90g	120g
Panko Breadcrumbs 13)	10g	20g	20g
Olive Oil**	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 fillets	3 fillets	4 fillets
Garlic Clove**	½ clove	1 clove	1 clove
Asparagus**	1 large pack	2 small packs	2 large packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	2408/576	437/104
Fat (g)	26	5
Sat. Fat (g)	7	1
Carbohydrate (g)	49	9
Sugars (g)	4	1
Protein (g)	40	7
Salt (g)	2.66	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7)** Milk **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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Packed in the UK

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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.

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 it raw. 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!

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.