



# Cod in a Lemon and Chive Butter Sauce

with Garlic Lemony Broccoli and Roast Potatoes

N° 4

**CLASSIC** 30 Minutes • 1.5 of your 5 a day



Potato



Chives



Garlic



Lemon



Broccoli Florets



Butter



Cod

## 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 (or Garlic Press) and Frying Pan.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Chives**	1 bunch	1 bunch	1 bunch
Garlic**	2 cloves	3 cloves	4 cloves
Lemon**	½	1	1
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Butter 7)**	30g	30g	60g
Cod 4)**	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	487g	100g
Energy (kJ/kcal)	1720 /411	353 /84
Fat (g)	14	3
Sat. Fat (g)	9	2
Carbohydrate (g)	42	9
Sugars (g)	3	1
Protein (g)	30	6
Salt (g)	0.14	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 4) Fish 7) Milk

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

#### Thumbs up or thumbs down?

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

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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 chunks on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## 4. Cook the Fish

Eight mins before the potatoes are cooked. Heat a large frying pan on high heat with a drizzle of **oil**. Add the **butter** and stir while it melts. Once the butter is melted and begins to froth add the **cod fillets**. Fry until golden on the outside, 2-3 mins on either side. **TIP:** Use a fish slice/spatula to gently flip the fish.



## 2. Get Prepped

Meanwhile, roughly chop the **chives**. **TIP:** Use scissors if you want. Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and cut into quarters. Divide any large **broccoli florets** into smaller pieces and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.



## 5. Finish Off the Fish

Add the **chives** to the pan with the **fish** and squeeze in **half** the **lemon juice**. Spoon the **lemony chivey butter** over the **cod** for 1-2 mins, then remove from the heat. **IMPORTANT:** The fish is cooked when it is opaque in the centre.



## 3. Broccoli Time!

When the potatoes have been in the oven for 15 mins, pop the **broccoli** onto the middle shelf of your oven to roast until crispy and tender, 12-15 mins.



## 6. Serve Up

Divide the **broccoli**, and **potatoes** among the plates along with the **buttery cod**. Pour the **butter sauce** over the **cod**. Serve with the **lemon zest** sprinkled over and remaining **lemon wedges** alongside for squeezing over.

## 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.