



Cod in Tarragon Sauce with Smashed Potatoes and Green Beans

Classic Eat Me First • 40-45 Minutes

4



Salad Potatoes



Green Beans



Tarragon



Vegetable Stock Paste



Cod Fillet



Soured Cream

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, kettle, measuring jug, bowl, kitchen paper, saucepan, frying pan, aluminium foil and colander.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Green Beans**	150g	200g	300g
Tarragon**	¼ bunch	½ bunch	½ bunch
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Cod Fillet** 4)	2	3	4
Soured Cream** 7)	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	1302 / 311	323 / 77
Fat (g)	7.8	1.9
Sat. Fat (g)	4.5	1.1
Carbohydrate (g)	31.7	7.9
Sugars (g)	5.7	1.4
Protein (g)	27.4	6.8
Salt (g)	1.31	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 10) Celery

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.

Contact

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Start the Potatoes

Preheat your oven to 200°C.

Halve the **salad potatoes** widthways, then pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins.



Fish to Fry

While the **smashed potatoes** roast, pat the **cod** dry with kitchen paper and season with **salt** and **pepper**.

Heat a drizzle of **oil** in a large frying pan on high heat. Once the **oil** is hot, lay the **fish** into the pan and fry until golden, 2-3 mins. Turn and cook for 2-3 mins on the other side.

Once cooked, remove the **cod** from the pan to a plate and cover with foil to keep warm.

IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Prep Time

Meanwhile, trim and halve the **green beans**.

Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

Boil a full kettle, then pour the **boiling water** (see ingredients for amount) into a measuring jug with the **vegetable stock paste**.



Make the Sauce

Meanwhile, add the **green beans** to the pan of **boiling water** and cook until just tender, 3-5 mins.

Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil** if you'd like.

While the **beans** cook, pop the (now empty) frying pan on medium-high heat and pour in the **stock**. Boil until reduced by a third, 2-3 mins, then lower the heat.

Stir in the **soured cream** and **tarragon**, then warm through until piping hot. Season to taste with **salt** and **pepper** if needed.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**.

Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.

Meanwhile, pop a large saucepan of **water** on to boil with ½ **tsp salt**.



Serve

When everything is ready, plate up the **cod** with the **smashed potatoes** and **green beans** alongside.

Spoon over the **tarragon sauce** to finish.

Enjoy!