

Cod in Tarragon Sauce with Smashed Potatoes and Green Beans



Classic Eat Me First • 40-45 Minutes









Salad Potatoes

Green Beans





Tarragon

Vegetable Stock Paste







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**	1/4 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.

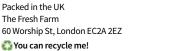
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Start the Potatoes

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.



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.



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 1/2 tsp salt.



Fish to Fru

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.



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.



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!