



# Honey and Miso Cod

with Stir Fried Vegetables and Coconut Rice

**RAPID** 10 Minutes • Little Heat

Nº 12



Lime



Miso Paste



Honey



Cod Fillet



Shiitake Mushrooms



Aromatic Vegetable Mix



Soy Sauce



Steamed Coconut  
Chilli Lemongrass  
Basmati Rice



Salted Peanuts

## Before you start

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

### Basic cooking tools, you will need:

Make sure you've got a Baking Tray, Large Bowl and Large Frying Pan.

### Ingredients

	2P	3P	4P
Lime**	1	1½	2
Miso Paste <b>11)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Cod Fillet <b>4)</b> **	2	3	4
Shiitake Mushrooms**	1 pack	2 packs	2 packs
Aromatic Vegetable Mix**	1 bag	1½ bags	2 bags
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Steamed Coconut			
Chilli Lemongrass	1 pouch	1½ pouches	2 pouches
Basmati Rice <b>9)</b>			
Salted Peanuts <b>1)</b>	1 pot	1 pot	1 pot

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	1784 /427	425 /102
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	39	9
Sugars (g)	10	3
Protein (g)	30	7
Salt (g)	3.47	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**1)** Peanut **4)** Fish **9)** Mustard **11)** Soya **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.

### Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

You can recycle me!

Packed in the UK



## 1. Prep the Fish

**a)** Heat your grill to the highest setting. Line a flat baking tray with foil and drizzle with **oil**. Halve the **lime**.

**b)** Pop the **miso**, **honey**, a drizzle of **oil** and a squeeze of **lime juice** in a large bowl. Mix well, add the **cod** and coat well.

**c)** Pop the **cod** onto the lined baking tray and drizzle any remaining **marinade** over the top of the **fish**.

**d)** Place under the grill until just cooked and the top is turning golden brown, 5-7 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. **IMPORTANT:** Wash your hands after handling raw fish.

## 2. Veg Time!

**a)** Quarter the shiitake **mushrooms**.

**b)** Heat a drizzle of **oil** in a large frying pan or wok on high heat. Once hot, add the **vegetable mix** and the **mushrooms**, stir fry for 2 mins then add the **soy sauce** and cook until the **vegetables** are just tender, 1-2 mins.

## 3. Rice Time!

**a)** Meanwhile, cook the **rice** accord to pack instructions. Cut the remaining **lime** into wedges.

**b)** Divide the **rice** between plates, top with the **vegetables** and any **pan juices** then the **cod** and scatter over the **peanuts**. Serve with the **lime wedges**.

Enjoy!