



Honey, Ginger and Soy Fish Parcels

with Sesame Wedges and Broccoli



CLASSIC 40 Minutes • 1 of your 5 a day



Potato



Sesame Seeds



Broccoli



Ginger



Lime



Spring Onion



Honey



Soy Sauce



Cod Fillet

Before you start

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

Basic cooking tools you will need:

Two Large Baking Tray, Fine Grater and Foil.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot
Broccoli**	1	1½	2
Ginger**	½	¾	1
Lime**	1	1½	2
Spring Onion**	1	2	2
Honey**	1	1½	2
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Cod Fillet 4)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	570g	100g
Energy (kJ/kcal)	1613/386	283/68
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	52	9
Sugars (g)	10	2
Protein (g)	32	6
Salt (g)	2.18	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Roast your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil** and toss to coat. Scatter over the **sesame seeds** and season with **salt** and **pepper**. Spread them out them in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Make the Fish Parcels

Have ready a wide sheet of foil for each **cod fillet**. Place one **fillet** in the middle of each sheet. Spoon the **honey** and **soy sauce** equally over each **fillet**, making sure there is some **ginger** on each one then bring the sides of the foil up and scrunch up the edges to create a tight parcel. Pop these **parcels** onto a baking tray. Arrange the **broccoli** next to the **parcels**, drizzle with **oil**, **salt** and **pepper**.

TIP: Remember to wash your hands after handling raw fish.



2. Get Prepped!

Chop the **broccoli** into florets (like small trees!), halving any larger ones. Peel and grate the **ginger**. Halve the **lime**. Trim the **spring onions** then slice thinly.



5. Bake!

Bake the **fish** and **broccoli** until the **broccoli** is tender and crispy and the **fish** is just cooked through, 12-15 mins. **TIP:** The fish might be cooked after 12 minutes but if the broccoli needs longer then remove the fish parcels and pop the broccoli back in the oven. **IMPORTANT:** The fish is cooked when opaque in the middle. Get your washing up done while everything cooks!



3. Make the Sauce

In a small jug or bowl, combine the **honey**, **soy sauce**, **ginger** and **juice** from **half** the **lime**.



6. Serve

Pop a **fish parcel** on each plate, open them up and scatter over the sliced **spring onion** and squeeze over any remaining **lime juice**. Serve with the **potato wedges** and **broccoli**.

Enjoy!