



Honey Lime Cod

with Jerk Spiced Rice, Beans and Rainbow Chard

EXTRA RAPID 10 Minutes • Little Heat • 2 of your 5 a day

N° 12



Garlic Clove



Lime



Black Beans



Sweetcorn



Cod



Jerk Spice Mix



Vegetable
Stock Powder



Rainbow Chard



Coconut
Basmati Rice



Honey

Before you start

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

Basic cooking tools, you will need:

Saucepan, Frying Pan, Fine Grater (or Garlic Press), Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	½	1	1
Black Beans	1 carton	1 carton	2 cartons
Sweetcorn	½ tin	¾ tin	1 large tin
Cod 4)**	2	3	4
Jerk Spice Mix	1 small pot	1 large pot	1 large pot
Water for the Veg*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Rainbow Chard**	1 pack	1 pack	2 packs
Coconut Basmati Rice	1 pouch	2 pouches	2 pouches
Honey	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	2184 /522	404 /97
Fat (g)	10	2
Sat. Fat (g)	4	1
Carbohydrate (g)	65	12
Sugars (g)	13	3
Protein (g)	39	7
Salt (g)	2.19	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 10) Celery

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

- Heat a drizzle of **oil** in a large saucepan on medium heat.
- Heat a drizzle of **oil** in a frying pan on medium high heat (this is for the cod later on).
- While the pans heats up, peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lime**.
- Drain and rinse the **black beans** and **sweetcorn** in the same sieve.
- Season the **cod** with **salt** and **pepper**.

2. Cook the Rice and Beans

- Add the **garlic** and **jerk spice** to the saucepan, stir and cook for one minute.
- Pour in the **water** (see ingredients for amount) and stir in the **vegetable stock powder**.
- Stir in the **rainbow chard** a handful at a time and simmer for 2 mins.
- Stir in the **corn** and **blackbeans**, simmer until the **chard** is tender, 1-2 more mins.
- Add the **coconut rice** to the pan, break it up with a spoon, stir together with everything else and cook until the **rice** is piping hot, another 1-2 mins.

3. Cook the Cod

- Meanwhile, lay the **cod** in the frying pan and fry until cooked through, 2-3 mins each side. **IMPORTANT:** The cod is cooked when opaque all the way through.
- Add the **honey** to the pan and squeeze in **half** the **lime juice**. Cook for one minute more.
- Remove from the heat.
- Stir the **lime zest** through the **rice**, taste and add **salt** and **pepper** if you feel it needs it.
- Spoon the **rice** into bowls and spoon over the **cod** and the **lime honey** mixture.
- Serve with a grind of **pepper** and any remaining **lime** cut into segments alongside for squeezing over.