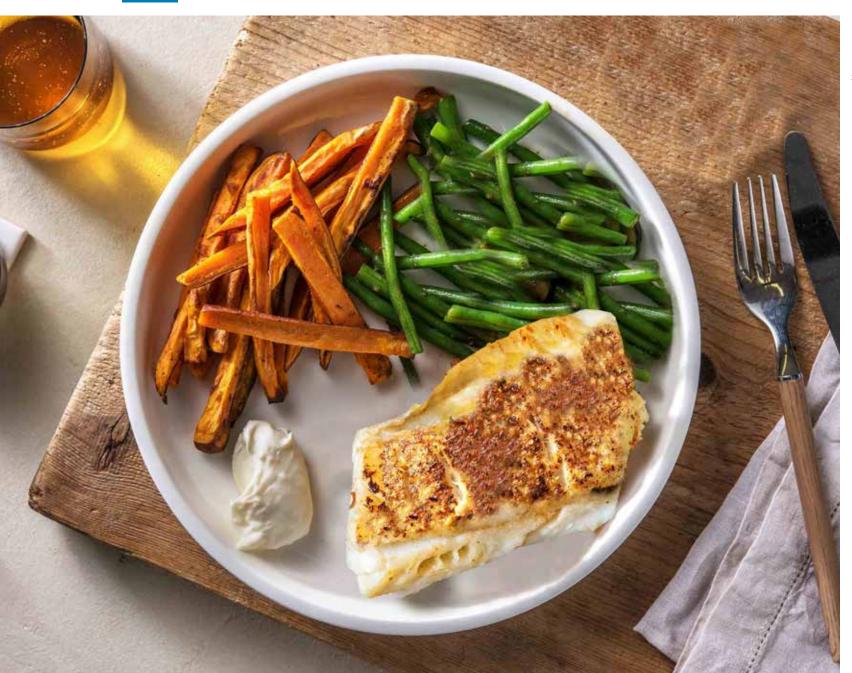


Mexican Spiced Cod

with Sweet Potato Fries, Green Beans and Limey Mayo



RAPID 20 Minutes







Sweet Potato Fries





Green Beans





Mayonnaise





Mexican Spice

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|-------------------------|-------------------|--------------------|--------------------|
| Sweet Potato Fries** | 1 small pack | 1 large pack | 2 small packs |
| Garlic | 1 | 1 | 2 |
| Green Beans** | 1 small pack | 1 large pack | 2 small packs |
| Lime** | 1/2 | 1 | 1 |
| Mayonnaise 8) 9) | 1 sachet | 2 sachets | 2 sachets |
| Cod Fillet 4)** | 2 | 3 | 4 |
| Mexican Spice | 1 small sachet | ¾ large sachets | 1 large sachets |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 347g | 100g |
| Energy (kJ/kcal) | 1328/318 | 382 /92 |
| Fat (g) | 12 | 3 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 33 | 9 |
| Sugars (g) | 3 | 1 |
| Protein (g) | 24 | 7 |
| Salt (g) | 0.49 | 0.14 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 9) Mustard

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. Cook The Fries

- a) Preheat your oven to 210°C.
- **b)** Pop the **sweet potato fries** on a large baking tray in a single layer.
- **c)** Drizzle with **oil** sand season with **salt** and **pepper**.
- **d)** Roast on the top shelf of your oven until golden, 18-20 mins. Turn halfway through cooking.



2. Prep

- a) Peel and grate the garlic (or use a garlic press).
- **b)** Trim the **green beans** then chop in half.
- c) Zest and halve the lime.



3. Make your Mayo

- **a)** In a small bowl mix the **mayonnaise**, **half** the **lime zest** and **half** the **lime juice**.
- b) Stir well and set aside.



4. Cook the Fish

- a) Line a baking tray with parchment paper.
- **b)** Put the cod on the tray, drizzle over a little **oil** and season with **salt** and **pepper**.
- c) Evenly coat the top of the cod with the Mexican spice.
- **d)** Bake the **fish** on the middle shelf of your oven until cooked through, 7-9 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



5. Cook your Beans

- **a)** Meanwhile, heat a splash of **oil** in medium sized frying pan on a high heat.
- b) When hot add the beans
- c) Cook until the beans start to char, 2-3 mins.
- **d)** Add a splash of **water**, cover the pan with a lid or some tin foil and cook until the **beans** are tender, 2-3 more mins.
- **e)** Stir in the **garlic** and remaining **lime zest** and cook for one minute.
- f) Remove from the heat.



6. Serve

- a) Share the beans between your plates.
- **b)** Serve the **sweet potato chips** on the side.
- c) Place the fish on top of the beans.
- d) Serve with the lime mayo.

Enjoy!