



# PAN-FRIED COD

with Crushed New Potatoes, Green Beans and Tarragon Sauce



BALANCED RECIPE



## HELLO COD

*Cod is high in phosphorous which contributes to the maintenance of normal bones and teeth, as well as contributing to normal energy-yielding metabolism.*



New Potatoes



Green Beans



Tarragon



Vegetable Stock Powder



Half Fat Crème Fraîche



Cod Fillet

MEAL BAG

35 mins

Balanced

1 of your 5 a day

Under 550 calories

Low in sugar

Low in sat fat

For a recipe that delivers on flavour and speed, this simple but delicious dish comes out on top. Light and delicate in flavour, cod is a great fish to pair with this mild and creamy tarragon sauce. We've served it alongside crushed new potatoes and crunchy green beans for an easy and nutritious weeknight dinner. Tonight, you're allowed to fish for compliments!

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, some **Kitchen Paper**, a **Frying Pan**, some **Foil**, a **Colander** and **Measuring Jug**. Now, let's get cooking!



### 1 COOK THE POTATOES

Put two large saucepans of water, each with a generous pinch of salt, on to boil for the potatoes and green beans. Chop the **new potatoes** into 2cm chunks (no need to peel!) and pop them in one of your pans of boiling **water**. Cook for 12-15 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* Meanwhile, trim the **green beans**. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).



### 4 MAKE THE SAUCE

Once the cod is out of your the frying pan, add the **stock** to the your pan on medium-high heat. Boil until it has reduced by one-third, 4-5 mins. Remove from the heat, then add the **crème fraîche**. Give it a good stir, then add the **tarragon** (don't use it all if you only want a subtle flavour). Season to taste with **salt** and **pepper** if needed.



### 2 PAN-FRY THE FISH

Pat the **cod fillets** dry with kitchen paper. Season with a pinch of **salt** and **pepper**. Heat a splash of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the **fish**. Fry for 4-5 mins. Then, carefully turn and cook for 2-3 mins more. **! IMPORTANT:** *The fish is cooked when the centre is opaque.* Remove it from the pan, set aside and cover with foil to keep warm. Keep the pan - we'll use it again!



### 5 CRUSH THE POTATOES

When the **potatoes** are cooked, drain in your the colander and allow to steam-dry for 1 minute (you want as much water to drain out as possible). Return them to the pan and lightly crush with the back of a fork. Season to taste with **salt** and **pepper**.



### 3 BOIL THE BEANS

While the fish cooks, pop the **green beans** in your second pan of boiling water. Cook for 4 mins, then drain in a colander and put to one side in a bowl. Boil your kettle, then pour the boiling **water** (see ingredients for amount) into a measuring jug with the **stock powder**. Stir to dissolve, ready for the **tarragon sauce**.



### 6 FINISH AND SERVE

Divide the **crushed new potatoes** and **green beans** between your plates. Top with the **cod** and finish with a generous amount of **tarragon sauce**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes *	1 small pack	1 large pack	2 small packs
Green Beans *	1 small pack	1 large pack	2 small packs
Tarragon	¼ bunch	½ bunch	½ bunch
Water*	150ml	225ml	300ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Half Fat Crème Fraîche 7) *	½ pouch	¾ pouch	1 pouch
Cod Fillet 4) *	2	3	4

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 390G	PER 100G
Energy (kJ/kcal)	1203 / 288	308 / 74
Fat (g)	6	2
Sat. Fat (g)	4	1
Carbohydrate (g)	34	9
Sugars (g)	5	1
Protein (g)	25	6
Salt (g)	0.50	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 7) Milk 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.**

### THUMBS UP OR THUMBS DOWN?

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