



# Pan-Fried Cod with Sticky Roasted Cauli and Potatoes

**Classic** 35 Minutes • Little Heat • 1 of your 5 a day

4



Potato



Cauliflower Florets



Spring Onion



Echalion Shallot



Garlic Clove



Curry Powder



Mango Chutney



Cod

## Before you start

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

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Spring Onion**	1	2	2
Echalion Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Mango Chutney	1 sachet	2 sachets	2 sachets
Cod 4)**	2	3	4

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	1515 /362	275 /66
Fat (g)	2	1
Sat. Fat (g)	1	1
Carbohydrate (g)	56	10
Sugars (g)	15	3
Protein (g)	29	5
Salt (g)	0.43	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel!). Halve any large **cauliflower florets**.



## Roast!

Pop the **potatoes** and **cauliflower** on a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat and spread out into a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want everything nicely spread out.



## Finish the Prep

Meanwhile, trim the **spring onion** and thinly slice, then set aside. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## Make the Sauce

Heat a drizzle of **oil** in a saucepan on medium heat. Once hot, add the **shallot**, stir together and stir-fry until softened, 2-3 mins. Stir in the **garlic** and **curry powder** and cook, stirring for 1 minute, then pour in the **water** (see ingredients for amount) and **mango chutney**. Season with **salt** and **pepper**, bring to the boil whilst stirring. Reduce the heat slightly and simmer until the **sauce** is sticky and thickened, 3-4 mins. Remove from the heat. Taste and add **salt** and **pepper**, if you feel it needs it.



## Cook the Fish

While everything cooks, get your washing up done. When the **potatoes** are 5 mins away from being cooked, heat a glug of **oil** in a large frying pan on high heat. Pat the **cod** with kitchen paper to remove any excess moisture and season with **salt**. Once the **oil** is hot, lay in the **fish** and fry until golden, 2-3 mins. Turn and cook for 2-3 mins on the other side. **IMPORTANT:** The fish is cooked when opaque all the way through. Remove the pan from the heat.



## Serve

Heat the **mango glaze** through and add to the **cauliflower** and **potatoes**. Mix together to coat in the **mixture**. Serve in bowls and place the **fish** on top. Sprinkle over the **spring onion**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.