







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    
You'll be entered into our weekly photo contest!

Pan Fried Cod with Roasted Tomatoes and Lemony Risotto

Fish and risotto are two things that a lot of people, including some HelloFresh cooks, seem to be a bit wary about cooking. So, Mimi made this for them to show how simple (and delicious) it is to cook both of them. You can do it!

 35 mins

 gluten free

 healthy



Onion (1)



Vine Tomato (2)



Garlic Clove (2)



Marjoram (½ bunch)



Lemon (½)



Parmesan (2 tbsp)



Vegetable Stock Pot (1)



Arborio Rice (1 cup)



Cod Fillet (2)

Ingredients

2 PEOPLE ALLERGENS

Onion, chopped	1	
Vine Tomato, chopped	2	
Garlic Clove, grated	2	
Marjoram, chopped	½ bunch	
Lemon	½	
Parmesan	2 tbsp	
Vegetable Stock Pot	1	Celery, Sulphites
Arborio Rice	1 cup	
Cod Fillet	2	Fish

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

Did you know...

Cod is typically used in English fish and chips, whilst haddock is typically used in its Scottish equivalent!

Nutrition per serving: Calories: 500 kcal | Protein: 33 g | Carbs: 82 g | Fat: 5 g | Saturated Fat: 2 g

1



1 Pre-heat your oven to 200 degrees. Cut the **onion** in half through the root, peel, and chop into roughly 1cm pieces. Chop each **tomato** into eight wedges. Peel and grate the **garlic** (or use a garlic press if you have one). Pull the **marjoram** leaves off their stalks and roughly chop the leaves. Zest and juice the **lemon** and grate the **parmesan**.

2



2 Put the **tomatoes** on a baking tray. Mix together half the **garlic** and a quarter of **marjoram** with 1 tbsp of **olive oil**, ¼ tsp of **salt** and a good grind of **pepper**. Drizzle this over the **tomatoes** and leave them to the side.

3 Bring 1l of **water** to the boil in a pot with the **vegetable stock pot**.

4 Meanwhile, pop the onion in a saucepan with 1 tbsp of **butter** (if you have some), or **oil** instead. Put on medium heat and cook for 5 mins until the **onion** is soft, then add the remaining **garlic** and three-quarters of the remaining **marjoram**. Stir together and cook for 30 seconds.

5 Once the pan is smelling fragrant and garlicky, add the **rice** along with ¼ tsp of **salt** and a good grind of **pepper**, stir and cook for 1-2 mins until the **rice** looks slightly translucent around the edges. Meanwhile, put the **tomatoes** in your oven to cook for 20 mins.

5



6 Once you've cooked your **rice** for a minute, add in a ladle of your **stock**, stir, and when the **stock** has been absorbed by the rice, add another ladle of **stock**. Keep the pan on medium heat and continue adding **stock** (and stirring now and again while it cooks), letting it absorb before adding another ladle. The cooking time should take 20-25 mins and your risotto is done when your rice is 'al dente'. **Tip:** 'Al dente' simply means the rice is cooked through but has a tiny bit of firmness left in the middle.

7 When your risotto is cooked (you still want it slightly liquidy, not like porridge which has been cooked for too long!), add in the **parmesan** and some of the **lemon juice**. Stir, taste, and add more **lemon juice**, **salt** and **pepper** to taste. Put a lid on and leave to the side off the heat.

8



8 Put a pan on medium heat with 1 tbsp of **oil**. Season each fillet of **cod** with a pinch of **salt** and a good grind of **pepper** on each side. Sprinkle the **lemon zest** over each **fillet** as well. Put the **fillets** in your pan skin-side down and cook for 3 mins before turning over to cook on the other side for 3 mins. **Tip:** Don't move your fish around when it's cooking skin-side down or it won't get a crispy skin!

9 Stir your roasted **tomatoes** into your risotto and serve in bowls with your **cod** on top. Sprinkle over your remaining **marjoram** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!