







More Than Food
HelloFresh.co.uk



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Pan Fried Paprika Cod and Fennel Moqueca

Who else thinks of sunshine and samba when they think of Brazil? This week is a chance to really find out about Brazil - and as always we want to know about the food. Cue Brazilian moqueca - but the HelloFresh kind! We've added fennel because it works so well!

 45 mins

 lactose free

 gluten free

 healthy



Onion (1)



Fennel (1)



Garlic Clove (2)



Coriander
(3 tbsp)



Water (350ml)



Star Anise
(1)



Basmati Rice (1 cup)



Tomato Purée
(2 tbsp)



Smoked Paprika
(1 tbsp)



Vegetable Stock Pot
(1 + 300ml of water)




Cod Fillet
(2)



Lime
(1)

2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Fennel, sliced **1**
- Garlic Clove, grated **2**
- Coriander, chopped **3 tbsp**
- Water **350ml**
- Star Anise **1**
- Basmati Rice **1 cup**
- Tomato Purée **2 tbsp**
- Smoked Paprika **1 tbsp**
- Vegetable Stock Pot **1 + 300ml water**
- Cod Fillet **2**
- Lime **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...
Fennel comes in male and female form!

Allergens: Celery, Sulphites, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	421 kcal / 1784 kJ	4 g	1 g	66 g	9 g	31 g	3 g
Per 100g	84 kcal / 355 kJ	1 g	0 g	13 g	2 g	6 g	1 g

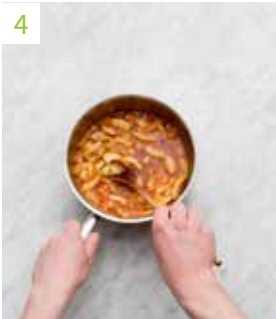
Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder, Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Cut the **onion** in half through the root and peel. Chop half the **onion** into 1cm pieces and the remaining half into ¼cm pieces. Remove the tops (tubey bits) of the **fennel bulb** and leave to the side for later. Cut the remaining **fennel** in half through the root, then remove the tough root. Cut each half in half again, then slice into 1cm wide slices. Peel and grate the **garlic** (or use a garlic press), finely chop the stalks of the **coriander** (leave the leaves for later).

4



2 Bring a pot of **water** (the amount is specified in the ingredient table above) to the boil with the **star anise** and a good pinch of **salt**. Once boiling, add the **rice**, turn the heat down, put a lid on for 10 mins, then remove from the heat and leave to rest for 10 mins with the lid on, or until the rest of the meal is ready. **Tip:** *If the rice is ready before everything else, it doesn't matter, it will wait!*

6



3 Time for the moqueca sauce! Put your bigger pieces of **onion** in a pan with a drizzle of **oil** and cook on medium heat for 5 mins, before adding your chopped **fennel** to the pan. Stir everything together and cook for another 7-10 mins. Season with a good pinch of **salt** and a grind of **black pepper**.

4 Once the 7-10 mins are up and your vegetables are soft, add the **tomato purée**, **garlic**, chopped **coriander** stalks and half the **smoked paprika** (use less if you don't like spice). Cook for another minute then add the **vegetable stock pot** and specified **water** to the pan. Bring to a gentle boil, stirring to dissolve the **stock pot**. Once simmering, turn the heat down slightly and simmer the mixture for 10-15 mins.

7



5 Mix the rest of the **smoked paprika** with a drizzle of **oil** in a bowl then put the **cod** in the bowl too. Season each **fillet** with a pinch of **salt** and a grind of **black pepper** and then mix until it's nicely coated in the **paprika marinade**.

6 Now it's time for your salsa! Put a drizzle of **olive oil** in a bowl. Grate in the **zest** of the **lime** and squeeze in half the **lime juice** (use less **lime** if you're not a huge citrus fan!). Mix together with a fork. Roughly chop the **coriander** leaves and chop the **fennel** tops (the ones put aside in step 1), as finely as you can. Put them both in the bowl with the **lime dressing**. Put your small pieces of **onion** in the bowl as well and then mix everything together.

7 Put a frying pan on medium-high heat. Once hot, place your **cod** in the pan skin-side down and cook for 3-4 mins before turning over and cooking for 3 mins on the other side (you don't need extra oil in the pan). **Tip:** *To get crispy skin on the fish, don't move it around while it's cooking!*

8 Add your remaining **lime juice** to your **moqueca sauce** and stir together (use less **lime** if you're not a huge citrus fan!). Serve your **rice** in bowls with your **moqueca sauce**. Place your **cod** on top and then spoon over a generous portion of **salsa**! Enjoy!

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