



# PAPRIKA SPICED COLEY

with Wedges and Garlic Mayo



## HELLO ROSEMARY

*Greek scholars wore sprigs of rosemary in their hair when they studied as they believed it strengthened the memory!*



Rosemary



Potato



Panko Breadcrumbs



Smoked Paprika



Coley Fillet



Garlic Mayonnaise



Tenderstem® Broccoli

MEAL BAG

🕒 35 mins

🍏 3 of your 5 a day



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Mixing Bowl**, some **Kitchen Paper** and a **Frying Pan** (with a **Lid**). Now, let's get cooking!



### 1 ROAST THE SPUDS

Preheat your oven to 200°C. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Chop the **potato** into 2cm wedges (no need to peel) and pop onto a lined baking tray. Add a splash of **oil**, season with **salt**, **pepper** and the chopped **rosemary**. Use your hands to rub the flavours all over the **wedges**. Arrange in one layer and roast in the middle of your oven until golden, 20-25 mins. Turn halfway through cooking.



### 4 COOK THE FISH

Ten minutes before the wedges are done, bake the **fish** on the top shelf of your oven until the **crumb** is golden and crunchy and the **fish** is cooked through. **IMPORTANT:** *The fish is cooked when the centre is opaque.*



### 2 MAKE THE CRUMB

In a mixing bowl, mix the **panko breadcrumbs** with the **smoked paprika** and a splash of **oil** making sure the **crumbs** are evenly coated. Season the **crumbs** with **salt** and **pepper** and keep to one side. Line another baking tray with baking paper. Pat the **coley fillets** dry with kitchen paper and then arrange the **fish** on the tray. **IMPORTANT:** *Remember to wash you hands and equipment after handling raw fish.*



### 5 STEAM-FRY THE BROCCOLI

When the **fish** has 3-4 mins left in the oven, heat a splash of **oil** in a frying pan over medium-high heat. When the **oil** is hot, add the **tenderstem**® and stir-fry for 1 minute. Season with **salt** and **pepper** and add a splash of **water**. Cover with a tight fitting lid or foil and cook until the **broccoli** is tender, 2-3 mins.



### 3 CRUMB THE FISH

Season the **fish** with **salt** and **pepper**. Spoon **half** the **garlic mayo** onto the **coley**, dividing it equally and spread it over evenly. Carefully sprinkle the **breadcrumbs** onto each **fillet**, covering the **mayo**, then press the **crumbs** on making sure they stick. Keep to one side.



### 6 SERVE

Share the **potato wedges** and **tenderstem** between your plates and carefully place the **coley** alongside. Finish with a dollop of remaining **garlic mayo**. **Tuck in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Rosemary	½ bunch	¾ bunch	1 bunch
Potato	1 small pack	1 large pack	2 small packs
Panko Breadcrumbs 13)	30g	40g	50g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Coley Fillet 4)	2	3	4
Garlic Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Tenderstem® Broccoli	1 small pack	1 large pack	1 large pack

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 471G	PER 100G
Energy (kcal)	612	130
(kJ)	2559	544
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	60	13
Sugars (g)	5	1
Protein (g)	31	7
Salt (g)	0.64	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 8) Egg 9) Mustard 13) Gluten

**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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