



Peri-Peri Breaded Cod with Garlicky Beans and Wedges

Classic 25 Minutes

4



Potatoes



Peri-Peri Seasoning



Green Beans



Garlic Clove



Panko Breadcrumbs



Mayonnaise



Cod Fillet

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Fine Grater (or Garlic Press), Three Medium Bowls, Frying Pan, Aluminium Foil and Kitchen Roll.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Peri-Peri Seasoning	1 large pot	1 small & 1 large pot	2 large pots
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Panko Breadcrumbs 13	25g	37.5g	50g
Mayonnaise 8 9	1 sachet	2 sachets	2 sachets
Cod Fillet 4 **	2 fillets	3 fillets	4 fillets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	1642 / 393	364 / 87
Fat (g)	5	1
Sat. Fat (g)	1	0
Carbohydrate (g)	58	13
Sugars (g)	5	1
Protein (g)	29	6
Salt (g)	1.24	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt**, **pepper** and **half** of the **Peri Peri** seasoning. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Coat the Fish

Add the **mayonnaise** to a medium sized bowl. Pat the **cod fillets** dry with some kitchen roll and season with **salt** and **pepper**, then add to the mayonnaise bowl. Coat the **fish** all over with **mayonnaise** then place the fillets into the **Peri-Peri breadcrumbs** one piece at a time and turn to coat the **fish** in the **breadcrumbs**. **TIP:** Make sure the fish is evenly coated.



Prep

Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). In a medium sized bowl, combine the **panko breadcrumbs** with the remaining **Peri-Peri seasoning** and a pinch of **salt** and **pepper**.



Fry the Fish

When the potatoes have 10 mins left in the oven, wipe out the frying pan, add a glug of **oil** and pop onto a medium-high heat. When the **oil** is hot, add the **fish** and fry until golden and crispy, 4-5 minutes on each side. **IMPORTANT:** The fish is cooked when it is opaque in the middle.



Cook the Beans

Heat a splash of **oil** in a large frying pan over high heat. When hot add the **beans**, a splash of **water** and season with **salt** and **pepper**. Stir-fry until the **beans** are tender, 3-4 mins. Add the **garlic** to the pan, reduce the heat and stir, continue to cook for 1 minute. Transfer the **beans** to a bowl, cover with tin foil and set aside. Keep the frying pan!



Time to Serve

Share the **Peri-Peri wedges** between your plates. Serve the **fish** on the side followed by the **beans**.

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.