



# Peri-Peri Breaded Cod with Garlicky Beans and Wedges

Classic Eat Me First • 35-40 Minutes • 1 of your 5 a day

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:

Baking Tray, Garlic Press, Bowl, Frying Pan, Wooden Spoon.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Peri-Peri Seasoning	1 pot	2 pots	2 pots
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Panko Breadcrumbs <b>13</b>	25g	37g	50g
Mayonnaise <b>8</b> <b>9</b>	1 sachet	2 sachets	2 sachets
Cod Fillet <b>4</b> **	2 fillet	3 fillet	4 fillet

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	441g	100g
Energy (kJ/kcal)	1570 / 375	356 / 85
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	14
Sugars (g)	5	1
Protein (g)	25	6
Salt (g)	1.32	0.30

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

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HelloFresh UK

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## 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 size bowl. Pat the **cod fillets** dry with some kitchen roll and season with **salt** and **pepper**, then add them to the **mayonnaise** bowl. Coat the **fish** all over with **mayonnaise**. Place the **fish** into the **Peri-Peri Breadcrumbs** one piece at a time and turn the **fish** to coat 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 and 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** alongside 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.