



# PESTO CRUSTED COD

with Mashed Potato and Roasted Carrots



## HELLO HAZELNUTS

*In America these nuts are known as 'filberts'. In the UK you'll sometimes hear them called 'cobnuts'.*



Red Potato



Carrot



Dried Thyme



Basil



Hazelnuts



Panko Breadcrumbs



Cod Fillet



Vegetable Stock pot



Unsalted Butter

Hazelnuts and herbs combine to make a fabulous pesto crust for flaky cod. Served with fluffy mash and sweet, thyme-roasted carrots, it makes a colourful and - more importantly - delicious plateful!

40 mins

1.5 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 a **Large Saucepan** (with a **Lid**), **Peeler**, some **Baking Paper**, two **Baking Trays**, some **Foil**, a **Colander**, **Potato Masher** and **Small Saucepan**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 180°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Chop the **potato** into 2cm chunks (no need to peel!). Peel the **carrot** and remove the top and bottom, then halve lengthways and chop into batons the size of your index finger.



### 2 COOK THE VEGGIES

Put the **carrot** on a baking tray in a single layer. Drizzle with **oil** and season with **salt**, **pepper** and the **thyme**. Roast on the top shelf of your oven until soft and slightly crispy, 20-25 mins. Pop the **potato** into your pan of boiling **water**. Cook for 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.*



### 3 MAKE THE PESTO

Meanwhile, finely chop the **basil** (stalks and all). Crush the **hazelnuts** in their bag with a rolling pin or the base of a saucepan. Mix **half** the **basil** and all of the **nuts** in a bowl with the **panko breadcrumbs**, **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. **★ TIP:** *If the pesto is a little dry, just add a splash more oil.*



### 4 BAKE THE FISH

Line a baking tray with foil. Drizzle with **oil** and lay the **cod** on the tray. Spoon the **pesto** evenly over the fish, pressing down with the back of your spoon as you go. Cook on the middle shelf of your oven for 15-17 mins. **★ TIP:** *The fish is cooked when the centre is opaque.*



### 5 MASH THE POTATO

Drain the **potato** in a colander, then return to the pan. Add a little **olive oil** and a splash of **milk** (if you have some). Season with **salt** and **pepper**. Mash until smooth, then taste and add more seasoning if necessary. **★ TIP:** *Tasting is essential!* Put a lid on the pan to keep the mash warm while you finish up.



### 6 MAKE THE SAUCE

Heat a small saucepan on medium-high heat, add the **water** (see ingredients for amount) and **stock pot** - check the amount! Bring to the boil and stir to dissolve the stock. As the stock bubbles away, whisk in the **butter** and remaining **basil**. Remove from the heat and add a grind of **pepper**. Serve the **cod** on top of the **mashed potato** with the **carrots** to one side. Drizzle the **butter sauce** over your **cod**.

## 2 PEOPLE INGREDIENTS

Red Potato, chopped	1 pack
Carrot, chopped	2
Dried Thyme	1 tsp
Basil, chopped	1 bunch
Hazelnuts, crushed 2)	25g
Panko Breadcrumbs 13)	15g
Olive Oil*	3 tbsp
Cod Fillet 4)	2
Water*	3 tbsp
Vegetable stock pot 10) 14)	½
Unsalted Butter 7)	15g

\*Not Included

NUTRITION UNCOOKED INGREDIENT	PER SERVING 551G	PER 100G 100G
Energy (kcal)	682	124
(kJ)	2868	520
Fat (g)	37	7
Sat. Fat (g)	8	1
Carbohydrate (g)	64	12
Sugars (g)	14	3
Protein (g)	31	6
Salt (g)	1.48	0.27

### ALLERGENS

2) Nut 4) Fish 7) Milk 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

