



# Roasted Cod

With Mini Roast Potatoes and Tomato & Samphire Salsa

**CLASSIC** 35 Minutes • 1.5 of your 5 a day

N° 6



Potatoes



Baby Plum Tomatoes



Red Onion



Garlic Clove



Red Wine Vinegar



Cod Fillet



Super Dukkah Mix



Samphire

## Before you start

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

### Basic cooking tools you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Saucepan.

### Ingredients

	2P	3P	4P
Potatoes	1 small pack	1 large pack	2 small packs
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Red Onion	1	1	2
Garlic Clove	1 clove	2 cloves	2 cloves
Red Wine Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Cod Fillet <b>4)</b>	2	3	4
Super Dukkah Mix <b>1) 2) 3) 10)</b>	1 pot	2 pots	2 pots
Samphire	1 punnet	2 punnets	2 punnets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	526g	100g
Energy (kJ/kcal)	1383 /331	263 /63
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	50	9
Sugars (g)	8	2
Protein (g)	27	5
Salt (g)	0.55	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**1)** Peanut **2)** Nut **3)** Sesame **4)** Fish **10)** Celery **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and 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  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

You can recycle me!



## 1. Start your Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 1cm chunks (no need to peel). Pop the **potatoes** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread them out in a single layer. Roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



## 4. Cook the Cod

Put the **cod fillets** on a lined baking tray. Season with **salt** and **pepper**. Coat the top of the **cod** with the **dukkah**. **IMPORTANT:** Wash your hands after handling raw fish. Drizzle the **cod** with **oil** and roast on the middle shelf for 7-8 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



## 2. Prep

Meanwhile, halve the **baby plum tomatoes**. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a **garlic** press).



## 5. Finish the Salsa

Next add the **halved tomatoes** and **samphire** to the pan with the onion. Cook until they start to soften and break down, 3-4 mins. Take off the heat and set aside until ready to serve.



## 3. Fry the Onions

Heat a splash of **oil** in a medium saucepan over a medium high heat. When hot, add the **sliced onion**, **garlic**, **vinegar** and a pinch of **sugar**. Place a lid on the pan. Cook gently until the **onions** are really nice and soft, 10 mins. Add a splash of **water** to help soften the **onions**. Stir occasionally, ensuring the **onions** don't stick to the bottom of the pan.



## 6. Time to Serve

Share the **potatoes** between your plates and top with the **roasted cod**. Spoon the **salsa** on the side.

**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.