

ROASTED SPICED COLLY

with Spicy Lentils





HELLO COLEY

Delicious and sustainable too-Coley is a close member of the cod family









Ground Cumin





Lentils





Premium Tomato Mix





Coriander

Natural Yoghurt



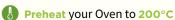






Fragrant and nourishing, our 20-minute spiced coley is a deliciously healthy recipe for busy evenings. Coley is a light tasting white fish with a similar meaty texture to cod making it a versatile ingredient to use in dishes like this one. Seasoned with cumin and our special curry powder blend, served with spicy lentils and tomatoes and finished off with a sprinkling of fresh coriander and a spoonful of cooling yoghurt - you can't go wrong with this deliciously simple dish.





Grater and Large Frying Pan. Let's start cooking the Roasted Spiced Coley with Lentils.

🚺 Preheat your oven to 200°C 💢 Wash the veggies. 📲 Make sure you've got some Foil, a Baking Tray, Sieve, Fine



ROAST THE FISH

- a) Pop the coley on foil-lined baking tray and drizzle with oil. Season with salt and **pepper**.
- **b)** Sprinkle over **half** the **curry powder** and half the ground cumin. Use your hands to coat the fish in the spices.
- c) Roast on the top shelf of your oven for is cooked when opaque in the centre. Remember to wash your hands and equipment after handling raw fish.



2 DO THE PREP

- a) Meanwhile, halve, peel and finely slice the red onion.
- b) Halve the red chilli lengthways, deseed and finely chop.
- c) Drain and rinse the **lentils** in a sieve. Chop the tomatoes in half.
- d) Zest the **lemon** then chop into wedges. Roughly chop the coriander (stalks and all).



3 START THE LENTILS

- a) Heat a drizzle of oil in a large frying pan on
- b) Add the onion and cook, stirring, until soft,
- c) Meanwhile, pop the yoghurt in a small



Coriander * Natural Yoghurt 7) *

- medium heat.
- 3-4 mins.
- bowl and stir through a pinch of **chilli**. Set aside.



*Not Included

Lemon *

* Store in the Fridge

Premium Tomato Mix

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 449G	PER 100G
Energy (kJ/kcal)	1013 /242	226 /54
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	19	4
Sugars (g)	10	2
Protein (g)	30	7
Salt (g)	0.50	0.11

INGREDIENTS

2

1 small

pot

1 small

pot

a pinch

carton

1/2

1 bunch

3

34 large

pot

¾ large

pot

1

a pinch

11/2

cartons

1 punnet: 2 punnets: 2 punnets

: 1 bunch

½ pouch ¾ pouch 1 pouch

1 large

pot

1 large

pot

2

a pinch

2

cartons

1 bunch

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 9) Mustard



4 FINISH UP

- a) Stir the remaining curry powder and ground cumin into the onion along with a pinch of **chilli** and the **lemon zest**.
- b) Cook for 1 minute. Add a squeeze of lemon iuice to the pan, then stir in the tomatoes and lentils. Cook for another minute until piping hot, then season to taste with salt, pepper and more lemon juice if needed.



5 ALMOST THERE

a) Remove the pan from the heat and stir through **half** the **coriander**.



6 SERVE

- a) Serve the **lentils** in bowls topped with the roasted **fish** and a drizzle of the chilli yoghurt.
- b) Finish with a scattering of the remaining coriander, a pinch more chilli if liked and the remaining lemon wedges for squeezing over.

Enjoy!

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.

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Packed in the UK