



# ROASTED SPICED COLEY

with Spicy Lentils



HELLO COLEY

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



Coley



Curry Powder



Ground Cumin



Red Onion



Red Chilli



Lentils



Premium Tomato Mix



Lemon



Coriander



Natural Yoghurt

MEAL BAG

20 mins

3 of your 5 a day

Little heat

Rapid recipe

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.

GET **PREPARED!**

Preheat your Oven to 200°C

## BEFORE YOU START

🔥 **Preheat** your oven to **200°C** | 🧼 **Wash** the veggies. | 🍴 **Make** sure you've got some **Foil**, a **Baking Tray**, **Sieve**, **Fine Grater** and **Large Frying Pan**. Let's start cooking the **Roasted Spiced Coley with Lentils**.



### 1 ROAST THE FISH

- Pop the **coley** on foil-lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**.
- Sprinkle over **half** the **curry powder** and **half** the **ground cumin**. Use your hands to coat the **fish** in the **spices**.
- Roast on the top shelf of your oven for 10-12 mins. **! IMPORTANT:** The fish is cooked when opaque in the centre. Remember to wash your hands and equipment after handling raw fish.



### 4 FINISH UP

- Stir the remaining **curry powder** and **ground cumin** into the **onion** along with a pinch of **chilli** and the **lemon zest**.
- Cook for 1 minute. Add a squeeze of **lemon juice** 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.



### 2 DO THE PREP

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



### 5 ALMOST THERE

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



### 3 START THE LENTILS

- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Add the **onion** and cook, stirring, until soft, 3-4 mins.
- Meanwhile, pop the **yoghurt** in a small bowl and stir through a pinch of **chilli**. Set aside.



### 6 SERVE

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

Enjoy!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Coley 4) *	2	3	4
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 small pot	¾ large pot	1 large pot
Red Onion *	1	1	2
Red Chilli *	a pinch	a pinch	a pinch
Lentils	1 carton	1½ cartons	2 cartons
Premium Tomato Mix	1 punnet	2 punnets	2 punnets
Lemon *	½	¾	1
Coriander *	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

\*Not Included

\* Store in the Fridge

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

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 7) Milk 9) Mustard

🧼 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.

### THUMBS UP OR THUMBS DOWN?

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