



SPANISH STYLE COLEY

with Roasted Veggies and Garlicky Potatoes



HELLO COLEY

Coley belongs to the cod family and is a more sustainably sourced fish compared to its cod relative.



Courgette



Cherry Plum Tomatoes



Potato



Lemon



Thyme



Garlic Clove



Coley Fillet



Serrano Ham

MEAL BAG

35 mins

2 of your 5 a day

Here's a recipe perfect for chilly Autumnal evenings. Chef Andre has taken a little bit of inspiration from Italy in tonight's dish, wrapping coley fillets in serrano ham for his take on a traditional saltimbocca. Flaky, white coley and crispy serrano ham are a winning texture combination, whilst blistered cherry tomatoes, charred courgettes and fried potatoes bring the flavours of this dish to life. Fresh, fast and flavourful, this recipe is a guaranteed crowd-pleaser.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Large Baking Tray, Colander, Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE VEGGIES

Preheat your oven to 180°C. Bring a large saucepan of water with a pinch of salt to the boil for the potato. Trim the **courgette** then halve lengthways. Slice widthways into roughly 2cm slices, then pop the **courgette** and **tomatoes** on a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Arrange in a single layer, then roast on the top shelf of your oven until soft, 25-30 mins. Turn halfway through cooking.



4 COOK THE FISH

Place each **coley fillet** on a chopping board. Season both sides with **salt, pepper** and **lemon zest**. Drizzle with a little **oil** then, using your hands, rub the seasoning into the **fish**. Wrap one piece of **serrano ham** around the middle of each **fillet**. When the **veggies** have been in the oven for 20 mins, carefully place the **fish** on top of them and return to the oven for 8-10 mins. **IMPORTANT:** *The fish is cooked when opaque in the centre.*



2 BOIL THE POTATO

Meanwhile, chop the **potato** (no need to peel) into 2cm chunks. Pop the chunks into the saucepan of boiling **water** and cook for 6-8 mins. **TIP:** *The potato is done when you can easily slip a knife through.* When cooked, drain into a colander and set aside.



5 FRY THE POTATOES

While your **fish** is in the oven, heat a good glug of **oil** in a large frying pan on high heat. When hot, carefully add your drained **potatoes, garlic** and **thyme**. Fry until golden and crispy, stirring occasionally, 8-10 mins. When they are golden, squeeze the juice from one of the **lemon wedges** into the pan along with a good knob of **butter** (if you have some). Bubble away for 30 seconds, then remove from the heat. Set aside.



3 GET PREPPED

In the meantime, zest the **lemon** and chop into wedges. Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks). Bash the **garlic cloves** with the flat of your knife and chop in half (leave the skins on!).



6 PLATE UP

When your **fish** is ready, divide the **garlicky potatoes** between your plates and place a **fillet** on top. Serve with the **roasted veggies** on the side and any **roasting juices** poured over the top. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|----------------------|----------------|----------------|----------------|
| Courgette * | 1 | 2 | 2 |
| Cherry Plum Tomatoes | 1 small punnet | ¾ large punnet | 1 large punnet |
| Potato * | 1 small pack | 1 large pack | 2 small packs |
| Lemon * | ½ | 1 | 1 |
| Thyme * | 2 sprigs | 3 sprigs | 4 sprigs |
| Garlic Clove * | 1 | 1 | 2 |
| Coley Fillet 4) * | 2 | 3 | 4 |
| Serrano Ham * | 1 small pack | 1 medium pack | 1 large pack |

* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 605G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 394 | 65 |
| (kJ) | 1648 | 273 |
| Fat (g) | 5 | 1 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 55 | 9 |
| Sugars (g) | 12 | 2 |
| Protein (g) | 35 | 6 |
| Salt (g) | 1.23 | 0.20 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish

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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