



# 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?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



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!

🌱 HelloFRESH