



Spanish Style Cod and Smoky Chorizo Potatoes with Garlicky Spinach

Nº 22

EXTRA RAPID 10 Minutes • Little Heat • 2 of your 5 a day



Diced Chorizo



Pre-cooked Baby Potatoes



Smoked Paprika



Lemon



Garlic Clove



Parsley



Cod



Baby Spinach



Mayonnaise

Before you start

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

Basic cooking tools, you will need:

Frying Pan, Fine Grater (or Garlic Press), Baking Tray and Saucepan.

Ingredients

	2P	3P	4P
Diced Chorizo**	60g	90g	120g
Pre-cooked Baby Potato**	1 pack	1½ packs	2 packs
Smoked Paprika	½ pot	¾ pot	1 pot
Lemon**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Cod 4)**	2	3	4
Baby Spinach**	2 small bags	2 large bags	2 large bags
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	1925 /460	419 /100
Fat (g)	19	4
Sat. Fat (g)	5	1
Carbohydrate (g)	38	8
Sugars (g)	5	1
Protein (g)	36	8
Salt (g)	2.43	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Get Started

- Preheat your grill to high.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Add the **chorizo**, **pre-cooked baby potatoes** and **half** the **paprika** and fry, stirring occasionally, until golden brown, 8-9 mins.
- Season with plenty of **salt** and **pepper**.
- Meanwhile, zest and cut the **lemon** into wedges.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).

2. Cook the Fish

- Pop the remaining **paprika**, **lemon zest**, **half** the **parsley** and **olive oil** (see ingredients for amounts) into a bowl.
- Mix and season with **salt** and **pepper**.
- Pop the **cod fillets** into the bowl with the **paprika mixture** and turn to coat well.
- Line a baking tray with foil and lay the **cod fillets** on it.
- Cook under the grill until cooked through, 5-6 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

3. Spinach Time!

- Meanwhile, heat a drizzle of **oil** in a large saucepan over medium high heat and once hot add the **garlic** and cook, stirring, for 1 minute.
- Add the **spinach** a handful at a time to the garlic pan with a splash of **water**, season with **salt** and **pepper** and cook, stirring, until wilted, 2-3 mins.
- When everything is ready, stir the remaining **parsley** through the **potatoes**.
- Divide the **potatoes**, **cod** and **spinach** between your plates (making sure you leave the excess water from the spinach in the pan).
- Serve with the **mayonnaise** and **lemon wedges** alongside.

Enjoy!