






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

James Knight's Baked Lemon Cod with Capers

Sharing half of their name with one of Britain's most famous secret service agents, it's no surprise that James Knight are the 'double 0' operatives of the fish world. From humble beginnings (like us!), they've grown over 100 years to serve some of the best restaurants in the UK and even the royal family enjoy their fresh coastal fish. For this recipe, we ordered some of their tastiest cod and roasted it with a caper lemon sauce for a dinner which has a licence to thrill.



40 min



seafood first



lactose free



healthy



Red Pepper



Red Onion



Courgette



Vegetable Stock Pot



Couscous



Capers



Lemon



Cod Fillet



Flat Leaf Parsley

Ingredients

	2P	4P
Red Pepper, chopped	1	2
Red Onion, chopped	1	2
Courgette, chopped	1	2
Vegetable Stock Pot 1	½	1
Couscous 2	1 pack	2 packs
Capers	2 tsp	4 tsp
Lemon	½	1
Cod Fillet 3	2	4
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Gluten

3) Fish

Nutrition per serving: Calories: 357 kcal | Protein: 30 g | Carbs: 55 g | Fat: 2 g | Saturated Fat: 0 g



1 Pre-heat your oven to 200 degrees and boil 350ml of water. Remove the core from the pepper and chop three quarters into bite-sized chunks. Very finely chop the remaining quarter of the pepper and leave raw. Peel the onion and chop both this and the courgette into bite-sized chunks too.



2 Toss the red pepper chunks (not the finely diced red pepper), the the onion and the courgettes in 1 tbsp of olive oil and a pinch of salt and pepper. Lay in a single layer on a baking tray and roast on the top shelf of the oven for 20 mins. **Tip:** *The vegetables are ready when cooked through and crispy at the edges.*



3 Mix half the vegetable stock pot and 1 tsp of olive oil with the boiling water. In a bowl, pour the water over the couscous and cover with a tight lid. Leave for 15 mins and do not peek under the lid!



4 Heat a small saucepan on low heat and add 1 tbsp of butter from your fridge (if you don't have any use some olive oil). As soon as the butter has melted remove the pan from the heat. Add the capers, a pinch of lemon zest and a tsp of

lemon juice. **Tip:** *To zest simply use your grater's finest side to grate, but don't go down to the white pith.*

5 When the veggies are 10 mins from being cooked turn to your cod. Place the cod on a lightly greased baking tray and drizzle over half of the caper mixture. Season well with salt and pepper and cook on the top shelf of the oven for 10 mins. **Tip:** *You can move the veggies to the middle shelf as they'll be half cooked already.*

6 Fluff up your couscous using a fork and toss with the cooked veggies. Finely chop 1½ tbsp of parsley and toss this into the couscous. Grate in a couple of pinches of lemon zest and add the raw red pepper. Taste for seasoning and add a little more salt and pepper if needed.

7 Top with the roasted cod and drizzle over a little more of the caper mixture. Sprinkle over a little more chopped parsley and tuck in! **Tip:** *If you find the flavour of capers too strong, then remove them before pouring the butter sauce over the fish.*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!