



Cooking Made Easy

hellofresh.com | hello@hellofresh.com



MAY 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

## Spanish Cod & Chorizo

with Crispy Oregano Potatoes & Sautéed Kale



Tender, mild cod goes perfectly with bold, spicy chorizo and crispy breadcrumbs. It's a ying and yang kind of thing. A bed of garlicky sautéed kale and crispy oregano potatoes round out this Spanish-inspired seafood dish. Be sure to treat your cod carefully – it's quite delicate!



35 min



level 1



nut free



eat me first



lactose free



Cod Fillets



Panko



Kale



Potatoes



Oregano



Parsley



Chorizo



Lemon



Garlic

## Ingredients

	2 People	4 People
Cod Fillets	2	4
Panko	1) ¼ C	½ C
Lemon	1	2
Chorizo	1 link	2 links
Oregano	1 sprig	2 sprigs
Parsley	1 bunch	2 bunches
Kale	1 bunch	2 bunches
Potatoes	12 oz	24 oz
Garlic	2 cloves	4 cloves
Olive Oil*	2 ½ T	5 T

\*Not Included

## Allergens

1) Wheat

## Tools

Baking Sheet, Zester, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 694 cal | Carbs: 47 g | Fat: 38 g | Protein: 46 g | Fiber: 9 g



**1** Preheat oven to 400 degrees. Cut the **potatoes** into ½-inch pieces. Finely chop the **oregano leaves**. On a baking sheet, toss the **potatoes** with the **oregano**, 1 tablespoon **olive oil**, and a pinch of **salt** and **pepper**. Place the baking sheet in the oven and roast for about 15-20 minutes, until golden brown.



**2** Meanwhile, zest and halve the **lemon**. Remove and discard the ribs and stems from the **kale**, then roughly chop the leaves. Finely chop the **parsley**. Halve the **chorizo** lengthwise, then thinly slice into ¼-inch half moons. Mince or grate the **garlic**.



**3** Season the **cod** on all sides with **salt** and **pepper**, then coat the fillets with 1 tablespoon **olive oil**. Set on the baking sheet in the oven to roast for about 10 minutes, until flaky and opaque.

**4** Meanwhile, heat a large pan over medium heat. Add the **chorizo** and cook, tossing, 3-4 minutes until slightly crispy. Stir in the **panko**, **chopped parsley**, **half the garlic**, and a pinch of **lemon zest** and cook for 30 seconds, until fragrant. Set aside and wipe the pan clean.

**5** Heat ½ tablespoon **olive oil** in the same pan over medium heat. Add the **kale** and cook, tossing, 4-5 minutes, adding a splash of **water** if necessary. Add the **remaining garlic** and cook for another 30 seconds, tossing, until fragrant. Season with **salt** and **pepper**.

**6** Serve the **cod fillets** on a bed of **kale**, surrounded by **roasted potatoes**. Sprinkle with the **chorizo and panko mixture** and top with a squeeze of **lemon**. Enjoy!