BUTTERY CURRIED COLEY

with Roast Potatoes and Garlicky Broccoli

HELLO COLEY

Delicious and sustainable too- Coley is a close member of the cod family.

- Potato
- Broccoli
- Garlic Clove
- Coriander
- Curry Powder
- Coley Fillet
- Unsalted Butter

MEAL BAG #2

35 mins

1 of your **5** a day

Little heat

Coley is a great tasting white fish with a similar meaty texture to cod making it a versatile ingredient to use in fresh recipes like this one. Its delicate flavour makes it the perfect thing to pair with our slightly punchy curry blend which we've rubbed the coley in before pan-frying it in a buttery sauce. Served with roasted broccoli and crispy roasted potatoes, this deliciously simple recipe is the perfect springtime dish.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Large Frying Pan** and some **Foil**. Now, let's get cooking!

1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large baking tray. Drizzle with **oil** season with a pinch of **salt** and **pepper** and toss to coat. Spread out in a single layer, then roast on the top shelf of your oven until golden on the outside and soft in the middle, 25-30 mins. Turn halfway through cooking.

2 NOW THE BROCCOLI

Meanwhile, cut the **broccoli** into florets (like small trees) and lay them on another baking tray. Drizzle with **oil** season with a pinch of **salt** and **pepper** and toss to coat. 10 mins into the potato cooking time, pop the **broccoli** onto the middle shelf of the oven to cook for the remaining 15-20 mins. ★ ***TIP:*** *You want the broccoli to be crispy but tender!*

3 PREP THE FISH

Peel and grate the **garlic** (or use a garlic press). Roughly chop **half** the **coriander** and finely chop the other **half** (stalks and all). Put the **finely chopped coriander** into a shallow dish. Add the **curry powder** and **olive oil** (see ingredients for amount). Add a pinch of **salt** and **pepper** and mix together. Add the **coley fillets** to the dish and coat in the **mixture**. ! ***IMPORTANT:*** *Remember to wash your hands and equipment after handling raw fish!*

4 COOK THE FISH

When the **veggies** have 8 mins left, heat a large frying pan on medium-high heat (no oil). Once the pan is hot, lay in the **fish** and fry until golden, 3-4 mins. Once golden, turn over carefully and add the **butter** to your pan. Allow the **butter** to melt and then spoon it over the **fish**, cook for a further 2-3 mins. ! ***IMPORTANT:*** *The fish is cooked when the centre is opaque.* ★ ***TIP:*** *You may need to do this in batches.*

5 GARLIC BROCCOLI

Once the **fish** is cooked, pop the **fillets** onto a plate and cover with some tin foil to keep warm. Put the pan back on the heat. ★ ***TIP:*** *Don't throv away the butter in the pan!* Add the **garlic**, stir and cook for 30 seconds, then add the **roasted broccoli** and toss in the **garlicky butter** for 1 minute. Remove from the heat.

6 SERVE

Share the **broccoli** and **potatoes** between your plates and serve the **fish** alongside. Sprinkle over the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato ❄	1 small pack	1 large pack	2 small packs
Broccoli ❄	1	1½	2
Garlic Clove ❄	1	2	2
Coriander ❄	1 bunch	1 bunch	1 bunch
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Coley Fillet 4) ❄	2	3	4
Unsalted Butter 7) ❄	15g	20g	30g

*Not Included
❄ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 535G	PER 100G
Energy (kJ/kcal)	1885 /451	352 /84
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	50	9
Sugars (g)	5	1
Protein (g)	32	6
Salt (g)	0.35	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 9) Mustard

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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