



# CAJUN COD

WITH SWEET POTATO, SPECIALITY TOMATOES AND AVOCADO CREMA

SPECIALITY INGREDIENT



HELLO AVOCADO

Avocados mature on the tree but only ripen once picked.



Sweet Potato



Speciality Tomatoes



Lime



Coriander



Avocado



Sour Cream



Plain Flour



Cajun Blackening Spice



Cod Fillet



Rocket

35 mins

eat within 3 days

3.5 of your 5 a day

Very Hot

Way back in the 18th century, French, Spanish and African settlers all congregated in America's Deep South. They pooled their culinary heritage and Cajun food was born! Inspired by this history of cultural combination, we created a dish that combines hot-and-sweet Cajun spiced cod with a cooling avocado crema and some beautiful speciality tomatoes from our friends at the Tomato Stall on the Isle of Wight. Enjoy!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Baking Tray**, **Fine Grater** and **Frying Pan**.



### 1 ROAST THE SWEET POTATO

Chop the **sweet potato** into 2cm chunks (no need to peel!). Pop on a baking tray and drizzle on a splash of **oil**. Season with **salt** and **black pepper** and rub the **seasonings** into the **sweet potato**. Roast on the top shelf of your oven until soft and browned at the edges, 20-25 mins. Turn halfway through cooking.



### 2 PREPARE THE SALAD

Remove any stalks from the **cherry tomatoes**. Cut the **tomatoes** in half lengthways and pop into a bowl. Season with a good pinch of **salt**. *★ TIP: The salt will draw the juices out of the tomatoes and create a delicious base for the dressing.* Grate in the zest of half the **lime** and add a good glug of **olive oil**. Roughly chop the **coriander** and add half to the **tomatoes**. Stir, cover and keep to one side.



### 3 MAKE THE CREMA

Slice the **avocado** in half lengthways, twist apart and remove the stone. Slip a spoon around the edge of the flesh to pop the **avocado** out of its skin. Chop half into small chunks and pop it into a bowl. Mash to a smooth paste with a fork and add a squeeze of **lime juice** and a pinch of **salt**. Stir in the **sour cream** and mix until smooth. Crema made!



### 4 FINISH THE SALAD

Chop the other **avocado** half into 2 cm chunks and toss it into the **tomatoes**.



### 5 COOK THE FISH

Mix the **flour** in a bowl with the **Cajun blackening spice** and a good pinch of **salt**. Add the **fish** to the bowl and coat in the **flour**. Heat a splash of **oil** in a frying pan over medium-high heat. Add the **cod** to the pan skin-side down. Cook for 4 minutes then turn over and cook until golden, 5 minutes. *★ TIP: The fish is cooked when the centre is opaque.*



### 6 ASSEMBLE AND SERVE

When the **potatoes** and **fish** are cooked, get ready to plate up. Share the **rocket** between your plates covering the whole base of each, then nestle the **sweet potato chunks** in the **rocket**. Pop the **cod** in the centre and then spoon the **tomatoes** and **juices** around and over the **fish**. Finish with a drizzle of the **avocado crema** and a sprinkle of leftover **coriander**.

ENJOY!

## 2 PEOPLE INGREDIENTS

|                             |          |
|-----------------------------|----------|
| Sweet Potato, chopped       | 1        |
| Speciality Tomatoes, halved | 1 punnet |
| Lime                        | 1        |
| Coriander, chopped          | 1 bunch  |
| Avocado, chopped            | 1        |
| Sour Cream 7)               | 1 pot    |
| Plain Flour 1)              | 16g      |
| Cajun Blackening Spice 10)  | 1½ tsp   |
| Cod Fillet 4)               | 2        |
| Rocket                      | 1 bag    |

\*Not Included

| NUTRITION        | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal)    | 642         | 127      |
| (kJ)             | 2685        | 532      |
| Fat (g)          | 43          | 9        |
| Sat. Fat (g)     | 14          | 3        |
| Carbohydrate (g) | 38          | 7        |
| Sugars (g)       | 10          | 2        |
| Protein (g)      | 29          | 6        |
| Salt (g)         | 0.52        | 0.10     |

### ALLERGENS

1)Gluten 4)Fish 7)Milk 10)Mustard

### PAIR THIS MEAL WITH

An un-oaked off-dry white such as a Riesling



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