



Mexican Spiced Cod

with Sweet Potato Fries, Green Beans and Limey Mayo

RAPID 20 Minutes

N° 17



Sweet Potato Fries



Garlic



Green Beans



Lime



Mayonnaise



Cod Fillet



Mexican Spice

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Garlic	1	1	2
Green Beans**	1 small pack	1 large pack	2 small packs
Lime**	½	1	1
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Cod Fillet 4)**	2	3	4
Mexican Spice	1 small sachet	¾ large sachets	1 large sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	347g	100g
Energy (kJ/kcal)	1328 /318	382 /92
Fat (g)	12	3
Sat. Fat (g)	1	1
Carbohydrate (g)	33	9
Sugars (g)	3	1
Protein (g)	24	7
Salt (g)	0.49	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Cook The Fries

- Preheat your oven to 210°C.
- Pop the **sweet potato fries** on a large baking tray in a single layer.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Roast on the top shelf of your oven until golden, 18-20 mins. Turn halfway through cooking.



4. Cook the Fish

- Line a baking tray with parchment paper.
- Put the cod on the tray, drizzle over a little **oil** and season with **salt** and **pepper**.
- Evenly coat the top of the **cod** with the **Mexican spice**.
- Bake the **fish** on the middle shelf of your oven until cooked through, 7-9 mins. **IMPORTANT: The fish is cooked when opaque in the middle.**



2. Prep

- Peel and grate the **garlic** (or use a **garlic** press).
- Trim the **green beans** then chop in half.
- Zest and halve the **lime**.



5. Cook your Beans

- Meanwhile, heat a splash of **oil** in medium sized frying pan on a high heat.
- When hot add the **beans**
- Cook until the **beans** start to char, 2-3 mins.
- Add a splash of **water**, cover the pan with a lid or some tin foil and cook until the **beans** are tender, 2-3 more mins.
- Stir in the **garlic** and remaining **lime zest** and cook for one minute.
- Remove from the heat.



3. Make your Mayo

- In a small bowl mix the **mayonnaise**, **half the lime zest** and **half the lime juice**.
- Stir well and set aside.



6. Serve

- Share the **beans** between your plates.
- Serve the **sweet potato chips** on the side.
- Place the **fish** on top of the **beans**.
- Serve with the **lime mayo**.

Enjoy!