





Pesto Cod and Tomato Parsley Salsa with Garlic Roasted Potatoes and Aubergine

28

Calorie Smart 40 Minutes • 2 of your 5 a day • Under 600 Calories



-  Potatoes
-  Aubergine
-  Garlic Clove
-  Cod
-  Fresh Pesto
-  Baby Plum Tomatoes
-  Flat Leaf Parsley
-  Lemon

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, baking paper, fine grater and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Aubergine**	1	2	2
Garlic Clove**	1	2	2
Cod** (4)	2	3	4
Fresh Pesto** (7)	50g	50g	100g
Baby Plum Tomatoes	125g	250g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	614g	100g
Energy (kJ/kcal)	1899 /454	309 /74
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	50	8
Sugars (g)	10	2
Protein (g)	27	4
Salt (g)	0.65	0.11

Nutrition for uncooked ingredients based on 2 person recipe. PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

4) Fish (7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **aubergine** then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces. Peel and grate the **garlic** (or use a garlic press).



Roast the Veg

Pop the **potato** and **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle over the **garlic**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary. Once your oven is hot, roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through.



Prep the Cod

Meanwhile, pat the **cod** with kitchen paper to remove any excess moisture and season with **salt** and **pepper**. Line another baking tray with baking paper and lay on the **cod fillets**. Spread the **pesto** evenly over the top of the **fillets**. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Make the Salsa

Quarter the **baby plum tomatoes**. Roughly chop the **parsley** (stalks and all). Zest the **lemon** then chop into wedges. Pop the **tomatoes**, **parsley**, **lemon zest** and **olive oil for the dressing** (see ingredients for amount) into a medium bowl. Add a squeeze of **lemon juice**. Mix together and season to taste with **salt**, **pepper** and more **lemon juice** if needed. Set aside.



Roast the Cod

When 15 mins of **veg** roasting time remain, pop the **cod** on the middle shelf of your oven and roast until cooked, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Serve

When everything is ready, divide the **roast potatoes and aubergine** between your plates. Top with the **pesto cod** and **salsa**. Serve with any **lemon wedges** alongside for squeezing over.

Enjoy!

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3-11

