



Cajun Spiced Fish

with herby mash and garlicky sugar snaps

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Haddock



Potatoes



Parsley



Sugar Snap Peas



Garlic



Lemon



Cajun Spice Mix



Pantry Items: Oil, Salt, Pepper, Butter, Milk (Optional), Water

Before you start

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

Cooking tools you will need

Zester, Grater, Colander, Large Pot, Lid

Ingredients

	2P	4P
Haddock	250 g	500 g
Potatoes	400 g	800 g
Parsley	10 g	20 g
Sugar Snap Peas	150 g	300 g
Garlic	1 unit	2 units
Lemon	1 unit	2 units
Cajun Spice Mix	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	433.5 g	100 g
Energy (kJ/kcal)	1273.1 kJ/ 304.3 kcal	293.7 kJ/ 70.2 kcal
Fat (g)	1 g	0.2 g
Sat. Fat (g)	0.1 g	0 g
Carbohydrate (g)	44.7 g	10.3 g
Sugars (g)	5.3 g	1.2 g
Protein (g)	28.7 g	6.6 g
Salt (g)	0.3 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Thumbs up or thumbs down?
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Boil the Potatoes

- Preheat oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Chop **potatoes** into 2cm chunks (peeling optional). Add to boiling **water**. Cook until fork tender, 15-20 mins.
- When done drain the **potatoes**. Return to pot off the heat.
- Add a knob of **butter** and some **milk** or **water**.
- Mash until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



Make the Dressing

- Put the remaining **Cajun spice mix** into a small bowl.
- Add the **lemon** zest, then squeeze in 1 ½ tsp **lemon** juice.
- Season with **salt** then mix in 2 tbsp **oil** (double for 4p) and half the **parsley**.
- Add more **lemon** juice to taste.



Prep Your Veg

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lemon** then cut in half.



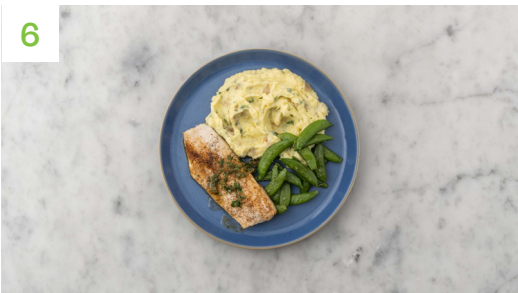
Fry the Fish

- Heat a little **oil** in a large pan on high heat.
- Once hot, fry the **fish** until golden, 2-3 mins. Flip and cook for another 2-3 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Remove the **fish** from the pan. Cover to keep warm.
- Return pan to medium-high heat. Add the **sugar snaps**. Fry for 2-3 mins, add the **garlic** and cook for 1 min.
- Add a splash of **water**, then cover with a lid or some foil and allow to cook until the veg is tender, 2-3 mins.



Season the Fish

- Sprinkle half of the **Cajun spice mix** onto the **haddock**.
- Season with **salt** and **pepper** and drizzle with **oil**.
- Rub the flavourings into the **fish**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Finish and Serve

- Stir the remaining **parsley** into the mash and divide between your plates.
- Top with the **sugar snaps** and haddock.
- Finish with the **Cajun** drizzle.

Enjoy!