



Cajun Spiced Fish

with herby mash and garlicky sugar snaps

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

12



Haddock



Potatoes



Parsley



Lemon



Sugar Snap Peas



Garlic



Cajun Spice Mix

Pantry Items: Oil, Salt, Pepper, Butter (Optional), 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, Baking Sheet with Baking Paper, Colander, Large Pot, Lid

Ingredients

	2P	4P
Haddock	250 g	500 g
Potatoes	400 g	800 g
Parsley	10 g	20 g
Lemon	½ unit	1 unit
Sugar Snap Peas	150 g	300 g
Garlic	1 unit	2 units
Cajun Spice Mix	1 sachet	2 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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rate this recipe.



You can recycle me!



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** (if you have it) 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 some of the juice.
- Season with **salt** then mix 1½ 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 and cut half the **lemon** into thick wedges (double for 4p).



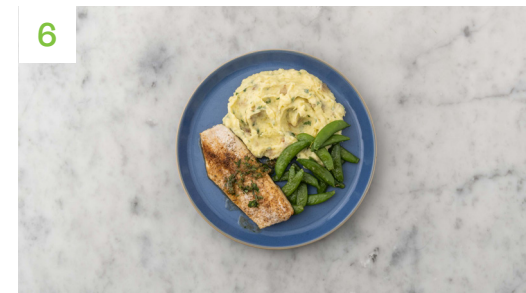
Bake the Haddock

- Place the **haddock** onto a lined baking tray and bake in the oven until it's cooked, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.
- Meanwhile, drizzle a little **oil** in a large pan on medium-high heat.
- When hot, add the **sugar snaps**. Fry for 2-3 mins, add the **garlic** and cook for 1 min more.
- Add a splash of **water**, then cover with a lid 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!