

Seeded Cod

with Turmeric Chickpea Stew

Crushing the chickpeas in step 5 is key to thickening this creamy, wholesome stew – don't skip it!

Cals 718 • Prot 54 • Carbs 54 • Fat 34

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🕒 cook: 40 min

R2914

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cod	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Almond flakes 1*, 2*	30	45	60	Grams
Nigella seeds 3*, 13*	10	10	10	Grams
Sesame seeds 3*	10	15	20	Grams
Corn starch	20	30	60	Grams
Organic Eggs 5*	1	2	2	Pieces
Tamari 9*	15	22	30	Grams
Vegetable oil	1	2	2	Tbsp
Stew				
Shallots	1	1	2	Pieces
Chickpeas	240	480	480	Grams
Spinach	100	200	200	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Ginger garlic paste	10	15	20	Grams
Turmeric powder	2	2	4	Grams
Water	200	250	350	ML
Coconut milk	200	400	400	ML
Sambal oelek	20	30	30	Grams
Black pepper	0.5	1	1	Tsp

Allergens

*6 Fish, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *13 Mustard, *5 Eggs, *9 Soya

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3006 / 718
Fat (g)	34.3
of which saturates (g)	12.7
Carbohydrate (g)	54
of which sugars (g)	5.2
Fiber (g)	12.9
Protein (g)	53.9
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 'Seed' cod

Chop the **almond flakes**. In a bowl, combine the chopped **almond flakes** and **Nigella seeds** with the **sesame seeds**. Place the **corn starch** in a second bowl. Whisk the **eggs** and **tamari** in a third bowl. Pat the **cod** dry, slice it into goujons and turn it in the **starch**. Dip it in the beaten **egg** and finally coat it in the **seeds**. Refrigerate.



2 Prep

Peel and finely chop the **shallots**. Drain the **chickpeas**. Wash, trim and roughly chop the **spinach**.



3 Sauté

Heat a large pan over a medium-low heat with a very generous drizzle of **olive oil**. Once hot, add the **shallots** with a pinch of **salt** and cook for 6-7 min until soft. Once soft, add the **garlic ginger paste**, drained **chickpeas** and **turmeric** and cook for 3 min further.



4 Simmer

Add the **measured water, coconut milk** and **sambal oelek (spicy!)** to the pan. Stew, covered, for 25 min. Don't rush this step!



5 Finish stew

After 25 min, crush all of the **chickpeas** with a fork or potato masher. This will take a moment, but is necessary to thicken the stew! Add the **spinach** and cook, uncovered, for 5 min further. Finally, season with **pepper**.



6 Fry cod

Meanwhile, heat a large pan with a generous drizzle of **vegetable oil** over a medium heat. Once hot, fry the **cod** for 2-3 min on each side until starting to brown and cooked through. Serve the **cod** over the **chickpea stew**.