

# Crispy Cod with Cauliflower Mash and Caramelised Onion

**hellóchef**

Fish fingers and mash for carb-conscious adults!

Cals 663 • Prot 65 • Carbs 38 • Fat 33

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🕒 cook: 30 min

R2923





Before you start

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

Ingredients

Fish	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Almond flakes 1*, 2*	30	45	60	Grams
Parmesan 4*	45	60	90	Grams
Almond flour 1*, 2*	40	60	80	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Organic Eggs 5*	2	2	3	Pieces
Vegetable oil	4	6	8	Tbsp
Mash				
Cauliflower	600	800	800	Grams
Cream cheese 4*	20	40	40	Grams
Salt	0.5	1	1	Tsp
Onion				
Brown onion	1	2	2	Pieces
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
To serve				
Lemon	1	1	1	Pieces

Allergens

\*6 Fish, \*1 Peanuts, \*2 Tree Nuts, \*4 Milk, \*5 Eggs

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)	2772 / 663
Fat (g)	33.1
of which saturates (g)	9.2
Carbohydrate (g)	38
of which sugars (g)	15
Fiber (g)	13.3
Protein (g)	64.7
Salt (g)	1.8

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



1 Prep coating

Chop the **almond flakes** finely. Grate the **Parmesan**. Add the **almond flour** to a shallow bowl with a pinch of **salt** and **pepper**. Combine the chopped **almond flakes** and the **Parmesan** in a second bowl. Crack the **eggs** onto a third bowl and whisk.



2 Coat fish

Pat the **cod** dry and slice it into goujons. First, turn the **cod** goujons in the seasoned **almond flour**, then in the whisked **eggs** and finally in the **almond** and **Parmesan** mixture. Refrigerate.



3 Make mash

Separate the **cauliflower** into florets. Bring a pot of salted water to a boil and add the **cauliflower**. Boil for 10 min or until tender. Drain the cooked **cauliflower** well and return it to the pan with the **cream cheese**. Mash until smooth. Season generously with **salt**. Keep covered until serving.



4 Caramelise onion

Meanwhile, peel and finely slice the **onion**. Heat a non-stick pan over a high heat with a drizzle of **oil**. Fry the **onions** with a pinch of **salt** for 5 min until browned. Reduce the heat to low, cover with a lid and cook for 10 min further or until the **onions** have fully softened and caramelised. Remove from the pan.



5 Fry fish

Return the pan to medium heat with a generous drizzle of **vegetable oil**. Once hot, add the coated **cod** and reduce the heat to low. Don't move the **fish** around in the pan until you're ready to flip. Fry for 2-3 min on each side until golden and crispy. See pro tip!



6 Serve

Slice the **lemon** into wedges. Divide the **cauliflower mash**, **caramelised onion** and crispy **cod** among plates. Garnish with **lemon** wedges. Serve immediately.