

# GEORGIE & TOM'S

EATING WELL MADE EASY



## Cod, Chorizo & Chickpea

COD IN A SMOKY TOMATO SAUCE WITH CHORIZO, CHICKPEAS & SEASONAL GREENS

★★★★☆ 4.6

18 reviews

Stove Top or Microwave, Raw protein  
6 minutes

**Shelf-life:** Day of delivery plus 4 days

530 calories per person  
Serves 2

*Low calorie, Carb conscious, Mediterranean,  
Gluten free, Soy Free, Dairy free, High in  
Protein, High in Fibre*

*Suitable for home freezing*

*To maximise freshness put the raw cod  
straight into the freezer on arrival. Defrost  
when needed in a couple of minutes in the  
microwave.*

### HOW TO COOK

#### Stovetop

1. Dry & season **cod**. Fry **chorizo** & cod in 1 tbsp of oil. (4 mins per side)
2. Season and add 1 tbsp of water to **tray of veggies**. Microwave with **pot of smokey sauce** (lid on loosely). 3-4 mins. *(Alternatively fry veggies in pan)*
3. Serve cod on bed of sauce & veggies.

#### Microwave

1. Dry & season **cod**. Add **chorizo** to **smokey sauce pot**.
2. Place cod on **tray of veggies** and plastic wrap.
3. Microwave tray & sauce pot (lid on loosely) 5- 6 mins until pipping hot.
4. Serve cod on bed of sauce & veggies.

#### Cooking tip

*For best results when stovetop cooking, use a non-stick frying pan to prevent cod fillets from sticking.*

*Our Cod fillets are hand-cut so cooking time may vary. You can check your cod is cooked by ensuring it reaches 145F.*

### INGREDIENTS

Cod (long line caught, wild Alaskan, MSC certified), Tomatoes, Zucchini, Broccoli, Chickpeas, Cherry Tomatoes, Chorizo, Red pepper, Onion, Yellow pepper, Slow roast tomato paste, Carrot, Olive Canola oil blend, Garlic, Smoked paprika, Agave syrup, Red chili flakes, Basil, Salt, Black pepper, Rosemary, Oregano dried, Thyme, dried

Allergens: Fish

### NUTRITION FACTS

Calories 470, Fat 24g, Saturated fat 4g, Carbohydrates 21g, Total sugars 8g, Protein 42g, Fibre 6g, Sodium 510mg