



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 004 Lemon Herb Cod with Potatoe Wedges and Green Beans

Ingredients

Warehouse Stock:

- Olive oil spray
- Black pepper
- Garlic powder
- Onion powder
- Dried parsley
- Dried dill or thyme
- Lemon juice & zest

Procured Materials:

- 2 cod fillets (approx. 150g each)
- 300g baby potatoes (cut into wedges)
- 150g green beans (trimmed)

Directions

1. Prep Wedges: Toss potato wedges in olive oil spray, black pepper, garlic & onion powder. Air fry at 190°C for 20–25 mins, shaking halfway.
2. Fish Parcel: Place cod on foil. Sprinkle with lemon zest, juice, parsley, dill, and black pepper. Wrap loosely. Air fry at 180°C for 10–12 mins.
3. Beans Boost: Steam or air fry green beans with a spritz of oil and a pinch of garlic powder for 6–8 mins.
4. Assemble: Plate cod with wedges and beans. Drizzle with extra lemon juice if desired.

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