



# Baked Hake

with Paprika Potatoes and Broccoli

**Classic** 35 Minutes • Medium Spice • 1 of your 5 a day

N° 4



Potato



Smoked Paprika



Panko Breadcrumbs



Cajun Spice



Grated Hard Italian Style Cheese



Hake Fillet



Mayonnaise



Broccoli



Garlic Clove

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Bowl, Garlic Press, Frying Pan, Wooden Spoon, Plate.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs <b>13</b> )	25g	37.5g	50g
Cajun Spice	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	60g	80g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Hake Fillet <b>4)**</b>	2	3	4
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp
Broccoli**	1	1	2
Garlic Clove	2	3	4

\*Not Included \*\*Store in the Fridge

## Nutrition

for uncooked ingredient	Per serving 570g	Per 100g 100g
Energy (kJ/kcal)	2271 /543	399 /95
Fat (g)	19	3
Sat. Fat (g)	5	1
Carbohydrate (g)	57	10
Sugars (g)	4	1
Protein (g)	36	6
Salt (g)	1.41	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**4)** Fish **7)** Milk **8)** Egg **9)** Mustard **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potato** on a low-sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper** and sprinkle on **half the paprika**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the middle shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Paprika Mayo

Meanwhile in a separate small bowl mix the **mayonnaise**, remaining **paprika** and **water** (see ingredients for amount). Season with **salt** and **pepper** and set to one side for later.



## Season the Crumb

In a small bowl, mix the **panko breadcrumbs**, **Cajun spice** (add less if you don't like heat), **grated hard Italian style cheese** and **olive oil** (see ingredients for amount). Mix to combine. Season with **salt** and **pepper**.



## Cook the Broccoli

Chop the **broccoli** into **florets** (like small trees). Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **broccoli** and fry, constantly stirring, until tender, 2-3 mins. Then add the **garlic** and a splash of **water**. Cover with a lid or some tin foil and cook until tender, 4-5 mins.



## Bake the Hake

Pat the **hake** with kitchen paper to remove any excess moisture. Lay the **hake fillets** onto a baking tray lined with baking paper. Drizzle with **oil** and season with **salt** and **pepper**. Divide the **breadcrumb mix** evenly between the **fillets** and press down firmly to keep in place. Pop on the top shelf of the oven and bake until the **crumb** is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. **IMPORTANT:** The fish is cooked when it is opaque all the way though.



## Serve Up

Share the **roasted potatoes** among your plates. Serve the **hake** and **broccoli** alongside and drizzle over the **paprika mayo**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.