



# Baked Hake

with Paprika Potatoes and Broccoli

Classic Eat Me First • 35 Minutes • Medium Spice • 1 of your 5 a day

4



- Potatoes
- 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
Potatoes**	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs <b>13</b> )	25g	35g	50g
Cajun Spice	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese <b>7) 8)</b> **	40g	65g	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

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>570g</b>	<b>100g</b>
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

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## 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 your 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 two **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. The fish is cooked when it is opaque all the way through.**



## 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.