



# Pan-Fried Hake

with Homemade Walnut Parsley Pesto, Roast Potatoes and Salad

Classic Eat Me First 35 Minutes

N° 4



Potato



Walnuts



Flat Leaf Parsley



Grated Hard Italian Style Cheese



Red Wine Vinegar



Baby Plum Tomatoes



Plain Flour



Hake Fillet



Rocket



## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Plate, Frying Pan, Tongs.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Walnuts 2)	20g	40g	40g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Grated Hard Italian Style Cheese 7) 8)**	20g	30g	40g
Olive Oil*	3 tbsp	4 tbsp	6 tbsp
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the dressing *	1 tbsp	1½ tbsp	2 tbsp
Baby Plum Tomatoes	125g	190g	250g
Plain Flour 13)	16g	24g	32g
Hake Fillet 4)**	2	3	4
Rocket**	40g	60g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	459g	100g
Energy (kJ/kcal)	2079 /497	453 /108
Fat (g)	23	5
Sat. Fat (g)	4	1
Carbohydrate (g)	49	11
Sugars (g)	2	1
Protein (g)	28	6
Salt (g)	0.51	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 4) Fish 7) Milk 8) Egg 13) Gluten 14) Sulphites

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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 **potatoes** into a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Prep the Fish

Put the **flour** on a plate and season with **salt** and **pepper**. Pat the **hake** dry with some kitchen paper, then pop it on the plate with the **flour** and turn so the whole **fillet** is coated in the **seasoned flour**. **IMPORTANT:** Wash your hands after handling raw fish.



## Make the Pesto

Meanwhile, finely chop the **walnuts** and pop them into a bowl. Finely chop the **parsley** (stalks and all). Pop the **parsley** into the bowl with the **walnuts** and add the **grated hard Italian style cheese** and **olive oil** (see ingredients for both amounts). Season with **salt** and **pepper** and mix together. **TIP:** Add a little more olive oil if you want it to be more of a drizzly consistency.



## Cook the Fish

When the **potatoes** are 5 mins from being cooked, heat a plug of **oil** in a large frying pan on high heat. Once the **oil** is hot, lay the **fish** in the pan and fry until golden all over, 2-3 mins each side. **IMPORTANT:** The fish is cooked when opaque all the way through. Remove the pan from the heat.



## Prep the Salad

Put the **red wine vinegar** into a medium bowl with the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together with a fork. Halve the **tomatoes** and pop them into the bowl with the dressing. Mix together, then set aside. **TIP:** You'll add the rocket to the dressing at the end - if you add it now it'll wilt.



## Finish and Serve

Add the **rocket** to the **tomatoes** and toss together. Serve the **fish** with the **roast potatoes** and **salad** alongside. Spoon the **homemade pesto** on top of the **fish**.

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.