

# **Baked Hake**

with Paprika Potatoes and Broccoli

Classic 35 Minutes • 1 of your 5 a day









Panko Breadcrumbs





Grated Hard Italian Style Cheese







Mayonnaise



Hake Fillet

Smoked Paprika



Broccoli



Garlic Clove

# Before you start

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

# Cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

## Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Panko Breadcrumbs <b>13</b> )	25g	33g	50g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Hake Fillet 4)**	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Water*	1 tbsp	1½ tbsp	2 tbsp
Broccoli**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	568g	100g
Energy (kJ/kcal)	2253 /539	397/95
Fat (g)	19	3
Sat. Fat (g)	5	1
Carbohydrate (g)	57	10
Sugars (g)	4	1
Protein (g)	36	6
Salt (g)	1.24	0.22

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.

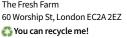
#### Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worshin St. London EC2A 2E7







#### Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potatoes** on 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 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.



## Season your Crumb

In a small bowl, mix the **panko breadcrumbs**, **grated hard Italian style cheese** and **olive oil** (see ingredients for amount). Mix to combine and season with **salt** and **pepper**.



#### 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 it 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**: The fish is cooked when it is opaque all the way though.



# Paprika Mayo

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



## 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 a high heat, one 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.



# 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.