











Baked Hake

with Paprika Potatoes and Broccoli

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

4



-  Potato
-  Panko Breadcrumbs
-  Grated Hard Italian Style Cheese
-  Hake Fillet
-  Mayonnaise
-  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:

Baking Tray, Bowl, Spoon, Measuring Jug, Garlic Press, Frying Pan, Plate.

Ingredients

| | 2P | 3P | 4P |
|---|--------|---------|--------|
| Potato** | 450g | 700g | 900g |
| Panko Breadcrumbs 13) | 25g | 33g | 50g |
| Grated Hard Italian Style Cheese 7) 8)** | 40g | 60g | 80g |
| Olive Oil for Crust* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Hake Fillet 4)** | 2 | 3 | 4 |
| Mayonnaise 8) 9) | 2 | 3 | 4 |
| Smoked Paprika | 1 pot | 1 pot | 2 pots |
| Water for the Sauce* | 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 |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 568g | 100g |
| Energy (kJ/kcal) | 2251/538 | 396/95 |
| Fat (g) | 19 | 3 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 56 | 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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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**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the middle shelf 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**, **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**, **grated hard Italian style cheese** and **olive oil** (see ingredients for amount). Mix to combine and 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 a 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:** The fish is cooked when it is opaque all the way through.



Serve Up

Share the **roasted potatoes** between 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.