



Cajun Crumbed Hake and Paprika Potatoes with Paprika Mayo and Garlic Tenderstem® Broccoli

6

Classic 35-40 Minutes • Medium Spice



Potatoes



Smoked Paprika



Panko Breadcrumbs



Cajun Spice Mix



Grated Hard Italian Style Cheese



Hake Fillet



Mayonnaise



Tenderstem® Broccoli



Garlic Clove

Pantry Items
Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, garlic press and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	25g	35g	50g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7 8	40g	80g	80g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Hake Fillet** 4	2	3	4
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp
Tenderstem® Broccoli**	150g	300g	300g
Garlic Clove**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	2200 /526	461 /110
Fat (g)	20	4
Sat. Fat (g)	5	1
Carbohydrate (g)	56	12
Sugars (g)	4	1
Protein (g)	33	7
Salt (g)	1.41	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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 onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle on **half** the **smoked paprika**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.



Mix the Paprika Mayo

While everything bakes, mix the **mayonnaise**, remaining **smoked paprika** and **water for the mayo** (see ingredients for amount) in another small bowl. Season with **salt** and **pepper** and set aside.



Make the Crumb

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



Cook the Broccoli

Halve any thick **broccoli stems** lengthways. 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 stir-fry for 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **broccoli** is tender, 2-3 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** between your **fillets** and spread evenly over the tops, pressing down firmly to keep in place. Bake on the top shelf of the oven 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 opaque in the middle.



Serve

When everything is ready, serve the **hake** with the **paprika potatoes** and **garlic Tenderstem® broccoli** alongside. Drizzle over some **paprika mayo** and serve the rest alongside for dipping.

Enjoy!