



CHEESY FISH & POTATO GRATIN

with Roasted Honeyed Carrots



HELLO WHITING

Whiting is from the same family as Cod. It is sustainably fished off the southwest coast of the UK.



Potato



Carrot



Honey



Flat Leaf Parsley



Panko Breadcrumbs



Italian Style Grated Hard Cheese



Crème Fraîche



Whiting Fillet

35 mins

2 of your 5 a day

We've given the classic Gratin Dauphinois (a dish typically made with thinly sliced layers of potatoes and cream) a fresh twist by turning it into a delicious cheesy fish gratin. The creamy base of this dish works perfectly with the golden panko breadcrumb crust and honey roasted carrots, making this recipe a go to for a hearty and healthy dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Baking Tray, Measuring Jug** and **Baking Dish**. Now, let's get cooking!



1 COOK THE POTATOES

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with a pinch of **salt**. Slice the **potato** into 1cm thick rounds (no need to peel). Add them to the boiling **water** and simmer until tender, 10-15 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Once cooked, carefully drain in a colander (don't worry if they break up a bit!).



4 FINISH THE POTATOES

Put the **crème fraîche** in a large bowl and stir in the **water** (see ingredients for amount), remaining **cheese** and **parsley** and a pinch of **salt** and **pepper**. Mix together. Add **half** the drained **potato slices** into a small/medium baking dish (depending on how many people you are cooking for). Pour over **half** of the **crème fraîche mixture** to cover the **potato**. Add in the rest of the **potato** and top with the remaining **crème fraîche mixture**.



2 PREP THE CARROTS

Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **carrots** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Drizzle over the **honey** and toss to coat. Leave the tray to the side.



5 BAKE THE GRATIN

Place the **fish** on top (skin-side down) of the **creamy potatoes**. Evenly sprinkle over the **crumb mixture** and bake on the top shelf of your oven until the crumbs are golden and the **fish** cooked through, 12-15 mins. **! IMPORTANT:** *the The fish is cooked when opaque in the middle.*



3 ROAST THE CARROT

Finely chop the **parsley** (stalks and all) and pop **half** of it in a bowl with the **breadcrumbs** and a **quarter** of the **Italian style grated hard cheese**. Add the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix together and leave to the side. Pop the carrot tray on the middle shelf of your oven to roast until golden and tender, 20-25 mins. Turn halfway through cooking.



6 FINISH AND SERVE

While everything bakes, get your washing up done! Once cooked, serve the **cheesy fish and potato gratin** on plates with the **roasted carrots** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Carrot *	3	4	6
Honey	1 sachet	1½ sachets	2 sachets
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs (13)	30g	40g	60g
Italian Style Grated Hard Cheese (7) (8) *	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Crème Fraîche (7) *	150g	200g	300g
Water*	50ml	75ml	100ml
Whiting Fillet (4) *	4	6	8

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 636G	PER 100G
Energy (kJ/kcal)	3268 / 781	514 / 123
Fat (g)	44	7
Sat. Fat (g)	19	3
Carbohydrate (g)	81	13
Sugars (g)	23	4
Protein (g)	33	5
Salt (g)	0.86	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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