



Indian-Style Crusted Hake

with Spiced Roast Potatoes and Mustard Seed Green Beans

Classic Eat Me First • 35 Minutes • Little Spice

4



Potatoes



North Indian -Style Curry Powder



Mustard Seeds



Panko Breadcrumbs



Hake Fillet



Mayonnaise



Lime



Green Beans



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
Potatoes**	450g	700g	900g
North Indian-Style Curry Powder	1 large pot	1 small & 1 large pots	2 large pots
Mustard Seeds 9)	1 small pot	1 large pot	1 large pot
Panko Breadcrumbs 13)	25g	40g	50g
Hake Fillet 4)**	2 fillets	3 fillets	4 fillets
Mayonnaise 8) 9)	2	3	4
Lime**	½	1	1
Green Beans**	150g	200g	300g
Garlic Clove**	1 clove	2 cloves	2 cloves

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	469g	100g
Energy (kJ/kcal)	1717 /410	366 /87
Fat (g)	10	2
Sat. Fat (g)	1	1
Carbohydrate (g)	56	12
Sugars (g)	3	1
Protein (g)	26	6
Salt (g)	0.85	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **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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Potato Time

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 in a single layer. Drizzle with **oil**, scatter over half the **North Indian spice mix** and **half** the **mustard seeds** then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top 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.



Finish the Prep

Zest the **lime** and cut into **wedges**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Pop the remaining **mayonnaise** into a small bowl with the **lime zest**. Season with **salt** and **pepper** and stir together.



Crumb Time

Pop the **panko breadcrumbs** into a small bowl with the remaining **North Indian-style spice mix**. Add a drizzle of **oil** then season with **salt** and **pepper** and mix together.



Roast the Fish

About 10 mins before the **potatoes** are ready, roast the **fish** on the middle shelf of your oven until the **crumbs** are golden and the **fish** is cooked, 10-12 mins. **IMPORTANT:** The hake is cooked when opaque all the way through.



Prep the Fish

Line a baking tray with baking paper. Pat the **hake fillets dry** with some kitchen roll and season both sides with **salt** and **pepper**. Lay them on the baking paper. Spread **half** the **mayo** on the top and sides of the **hake pieces** (we'll use the rest later), then spoon over the **crumb**. Push it down to ensure it sticks (don't worry if some of it falls off). **IMPORTANT:** Wash your hands after handling raw fish.



Serve

While everything cooks, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **green beans** and stir-fry for 2 mins then add the **garlic** and remaining **mustard seeds**, season with **salt** and **pepper** and stir-fry for 1 minute then add a splash of **water**, cover with a lid (or some foil) and steam-fry until tender, 2-3 mins. Divide the **fish, potatoes** and **green beans** between plates. Serve with the **zesty mayo** and **lime wedges** alongside for squeezing over.

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.