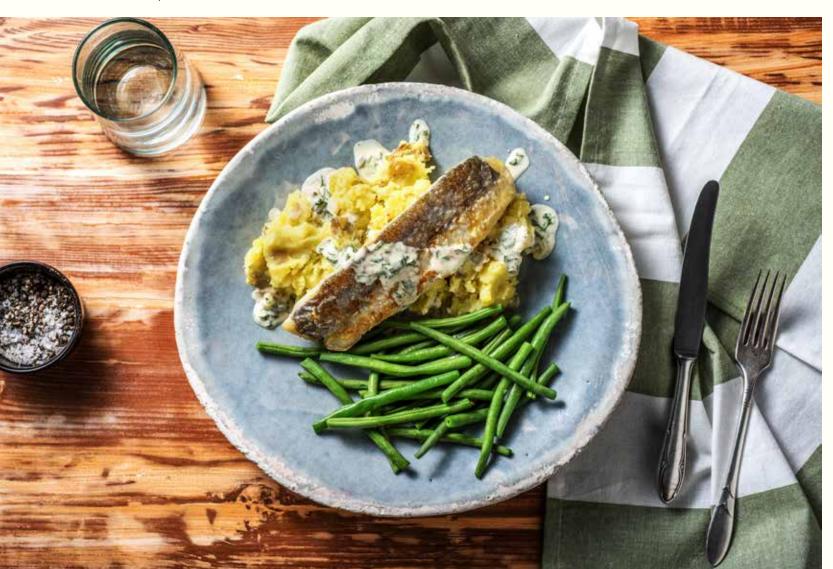


## **PAN-FRIED HAKE**

with Green Beans, Crushed Potatoes and Tarragon Sauce





## **HELLO FLORA ORIGINAL**

Flora contains absolutely no preservatives, artificial colours or flavours.





**New Potatoes** 

Green Beans





Tarragon

Hake Fillet





Vegetable Stock Powder

Crème Fraîche



Flora Original







For a recipe that delivers on flavour and speed, this simple but delicious dish comes out on top. Light and delicate in flavour, hake is a great fish to pair with this mild and creamy tarragon sauce. We've served it alongside crushed new potatoes and crunchy green beans for an easy and nutritious weeknight dinner. Tonight, you're allowed to fish for compliments!

## **BEFORE YOU** = **START**

Our fruit and veggies need a little wash before you use them! Make sure you've got two Large Saucepans, some Kitchen Paper, a Frying Pan, some Foil, a Colander and Measuring Jug. Now, let's get cooking!



**COOK THE POTATOES** Put two large saucepans of water, each with a generous pinch of salt, on to boil for the potatoes and beans. Chop the new potatoes into 2cm chunks (no need to peel) and pop them in one of your pans of boiling water. Cook for 12-17 mins.  $\star$  TIP: The potatoes are cooked when you can easily slip a knife through. Meanwhile, trim the **green beans**. Pick the tarragon leaves from their stalks and finely chop (discard the stalks).



**PAN-FRY THE FISH** Pat the hake dry with kitchen paper. Season the fish with a pinch of salt and **pepper**. Heat a splash of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the fish. Fry for 4-5 mins, then, carefully turn and cook for 2-3 mins more. (1) IMPORTANT: The fish is cooked when the centre is opaque. Remove it from the pan, set aside and cover with foil to keep warm. Keep the pan - we'll use it again!



**BOIL THE BEANS** While the fish cooks, pop the green beans in your second pan of boiling water. Cook for 4 mins, then drain in a colander and put to one side. Boil your kettle, then pour the boiling water (see ingredients for amount) into a measuring jug with the **stock powder**. Stir to dissolve, ready for the tarragon sauce.



**NUTRITION FOR** PER SERVING PER **UNCOOKED INGREDIENTS** 413G 100G 1730/414 419/100 Energy (kJ/kcal) 23 6 Fat (g) Sat. Fat (g) Carbohydrate (g) 35 8 6 Sugars (g) Protein (g) 24 6 Salt (g) 0.71 0.17 Nutrition for uncooked ingredients based on 2 person recipe.

**INGREDIENTS** 

1 small

pack

1 small

pack

2

150ml

½ sachet

75g

20g

¼ bunch

1 large

pack

1 large

pack

½ bunch

3

225ml

3/4 sachet

115g

30g

2 small

packs

2 small

packs

½ bunch

4

300ml

1 sachet

150g

40g

**ALLERGENS** 

New Potatoes \*

Green Beans \*

Hake Fillet 4) \*

Vegetable Stock

Flora Original \*

Not Included

Crème Fraîche 7) \*

\* Store in the Fridge

Powder 10)

Tarragon \*

Water\*

4) Fish 7) Milk 10) Celery



**MAKE THE SAUCE** Once the **hake** is out of your frying pan, add the **stock** to your pan on medium-high heat. Boil until it has reduced by one-third, 4-5 mins. Remove from the heat and pour in the crème fraîche. Give it a good stir, then add the **tarragon** (don't use it all if you only want a subtle flavour). Season to taste with salt and **pepper** if needed.



CRUSH THE POTATOES When the **potatoes** are cooked, drain in your colander and allow to steam-dry for 1 minute (you want as much water to drain out as possible). Return them to the pan and lightly crush with the back of a fork. Stir in the Flora Original and a pinch of salt and pepper.



**FINISH AND SERVE** Divide the crushed **new potatoes** and green beans between your plates. Top with the hake and finish with a generous amount of tarragon sauce. Enjoy!

Flora Original Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

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? Head online or use our app to rate this recipe

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HelloFresh UK

The Fresh Farm 60 Worship St, London EC2A 2EZ



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