



# Pan Fried Hake with Szechuan Noodle Stir-Fry

Classic **Eat Me First** 30 Minutes • Very Hot • 2 of your 5 a day

N° 4



Red Onion



Bell Pepper



Bok Choy



Garlic Clove



Salted Peanuts



Noodles



Szechuan Paste



Soy Sauce



Hake Fillet

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Garlic Press, Sieve, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Bok Choy**	1	2	2
Garlic Clove	2	3	4
Salted Peanuts <b>1)</b>	25g	40g	40g
Noodles <b>8) 13)</b>	2 nests	3 nests	4 nests
Szechuan Paste <b>11)</b>	75g	125g	150g
Water*	50ml	75ml	100ml
Sugar*	½ tsp	¾ tsp	1 tsp
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Hake Fillet <b>4)**</b>	2	3	4

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>435g</b>	<b>100g</b>
Energy (kJ/kcal)	1416/339	326/78
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	37	8
Sugars (g)	14	3
Protein (g)	28	7
Salt (g)	3.84	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**1)** Peanut **4)** Fish **8)** Egg **11)** Soya **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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## Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **bok choy** then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**.



## Sauce it Up

Pour the **Szechuan paste** into the pan with the **vegetables**, then add the **water** and **sugar** (see ingredients for both amounts) and **half the soy sauce**. Simmer for 1 min, then add the **noodles** and mix together until well combined. Remove from the heat and set aside.



## Cook the Noodles

When boiling, add the **noodles** to the **water** and cook until tender, 4 mins. Drain in a sieve and pop back in the pan. Drizzle with **oil** and stir through to stop them sticking together.



## Fry the Fish

Heat a drizzle of oil in another large frying pan on medium-high heat. Pat the **hake fillets** dry and season with **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw fish. Lay them in the pan and fry for 2-3 mins, then carefully turn and fry for 2-3 mins on the other side. Add the remaining **soy sauce** to the pan and spoon it over the **fish**. Remove from the heat. **IMPORTANT:** The fish is cooked when it is opaque in the middle.



## Cook the Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat. Once hot, add the **pepper** and **onion** and stir-fry until softened, 5-6 mins. Add the **bok choy** and stir-fry until softened, another 2-3 mins. Add the **garlic** and stir-fry for 1 min.



## Finish and Serve

Reheat the stir-fry if necessary and add a splash of **water** if it's a bit dry. Taste and add **salt** and **pepper** if you feel it needs it, then serve in bowls. Top with the **fish** and sprinkle over the **peanuts**.

## 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.