



# Pan-Fried Hake and Walnut Parsley Pesto with Roast Potatoes and Tomato Rocket Salad

28

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Walnuts



Flat Leaf Parsley



Grated Hard Italian Style Cheese



Red Wine Vinegar



Baby Plum Tomatoes



Hake Fillet



Rocket

**Pantry Items**  
Olive Oil, Plain Flour

## 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, kitchen paper and frying pan.

## Ingredients

|   |          |          |           |
|---|----------|----------|-----------|
|   | 2P       | 3P       | 4P        |
| Potatoes**                                      | 450g     | 700g     | 900g      |
| Walnuts <b>2)</b>                               | 20g      | 40g      | 40g       |
| Flat Leaf Parsley**                             | 1 bunch  | 1 bunch  | 1 bunch   |
| Grated Hard Italian Style Cheese** <b>7) 8)</b> |          |          |           |
|   | 25g      | 30g      | 40g       |
| Olive Oil for the Pesto*                        | 3 tbsp   | 5 tbsp   | 6 tbsp    |
| Red Wine Vinegar <b>14)</b>                     | 1 sachet | 1 sachet | 2 sachets |
| Olive Oil for the Dressing*                     | 1 tbsp   | 1½ tbsp  | 2 tbsp    |
| Baby Plum Tomatoes                              | 125g     | 190g     | 250g      |
| Plain Flour*                                    | 2 tbsp   | 3 tbsp   | 4 tbsp    |
| Hake Fillet** <b>4)</b>                         | 2        | 3        | 4         |
| Rocket**  | 40g      | 60g      | 80g       |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>465g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2286 /546   | 492 /117    |
| Fat (g)                        | 27          | 6           |
| Sat. Fat (g)                   | 6           | 1           |
| Carbohydrate (g)               | 50          | 11          |
| Sugars (g)                     | 4           | 1           |
| Protein (g)                    | 29          | 6           |
| Salt (g)                       | 0.50        | 0.11        |

Nutrition for uncooked ingredients based on 2 person recipe.  
**PersonalPoints™ values based on low-cal cooking spray oil.**

## Allergens

2) Nuts 4) Fish 7) Milk 8) Egg 14) Sulphites

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.

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## 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 the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Prep the Fish

Put the **flour** (see ingredients for amount) on a plate and season with **salt** and **pepper**. Pat the **hake** dry with some kitchen paper, then pop it on the plate with the **flour** and turn to coat all over. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



## Make the Pesto

Meanwhile, finely chop the **walnuts** and pop into a small bowl. Finely chop the **parsley** (stalks and all) and add to the **walnuts**. Mix in the **grated hard Italian style cheese** and **olive oil for the pesto** (see ingredients for amount), then season with **salt** and **pepper**. Stir well to combine. **TIP:** Add a little more olive oil if you want it to be more of a drizzly consistency.



## Cook the Fillets

When the **potatoes** have 5 mins of roasting time left, heat a drizzle of **oil** in a large frying pan on high heat. Once the **oil** is hot, lay the **fish** into the pan and fry until golden, 2-3 mins. Turn and cook for 2-3 mins on the other side. Once cooked, remove the pan from the heat. **IMPORTANT:** The fish is cooked when opaque in the middle.



## Prep the Salad

Put the **red wine vinegar** in a medium bowl with the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Halve the **tomatoes** and add them to the bowl with the **dressing**. Mix together, then set aside - you'll add the **rocket** later.



## Finish and Serve

When everything is ready, add the **rocket** to the **tomatoes** and toss together. Serve the **fish** with the **roast potatoes** and **salad** alongside. Spoon the **pesto** on top of the **fish**.

Enjoy!