



# HAKE TERIYAKI

with Jasmine Rice and Crispy Broccoli



## HELLO RICE VINEGAR

The colour of rice vinegar ranges from clear to shades of red and brown, each variety having a different taste.



White Wine Vinegar



Honey



Soy Sauce



Ketjap Manis



Rice Vinegar



Hake Fillets



Fragrant Jasmine Rice



Broccoli Florets

MEAL BAG 5

30 mins

5 of your a day

Our sweet and sticky hake teriyaki is a brilliant recipe for when you're craving something fresh and light. Teriyaki is a cooking technique used in Japanese cuisine where foods are grilled with a glaze of soy sauce, mirin, and sugar. The word teriyaki derives from the Japanese word teri, meaning gloss or shine, and yaki, which refers to the cooking method of grilling. Served with steamed Jasmine rice and roasted broccoli, this deliciously simple dish is a real weeknight winner.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), some **Baking Paper**, a **Baking Tray** and **Large Frying Pan**. Now, let's get cooking!



### 1 MARINATE THE FISH

Preheat your oven to 200°C. Pop the **white wine vinegar**, **honey**, **soy sauce**, **ketjap manis** and **rice vinegar** into a mixing bowl and stir together. Lay in the **hake fillets** and turn to coat in the **marinade**. Set aside.

**! IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



### 2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **jasmine rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** The rice will finish cooking in its own steam.



### 3 PREP THE BROCCOLI

Meanwhile, pop the **broccoli florets** on a lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat then spread out. Set aside, we will roast them later.



### 4 FRY THE FISH

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, carefully remove the **hake** from the **marinade** (keep the **marinade**, we will use this later!) and lay in the pan. Lower the heat to medium and fry the **fish** until golden all over and cooked through, 3-4 mins each side. **! IMPORTANT:** The fish is cooked when opaque in the centre. When cooked, transfer the **hake** to a plate.



### 5 REDUCE THE SAUCE

When the **fish** is halfway through cooking, roast the **broccoli** on the top shelf of your oven until crispy, 10-12 mins. Allow the frying pan to cool a little then return to medium heat and pour the **marinade** you made in step 1 into the pan along with 2 tbsp of water per person. Stir and bubble until reduced and sticky, 5-6 mins. **★ TIP:** If you reduce it too far, just add a splash more water to loosen it up!



### 6 SERVE

Once the **sauce** is ready, return the **fish** to the pan and carefully spoon the **sauce** over the **fish** to coat. Fluff up the **rice** with a fork and serve in bowls topped with the **hake teriyaki** and **sauce**. Serve the **roasted broccoli** alongside. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
White Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Hake Fillets 4) *	2	3	4
Water*	300ml	450ml	600ml
Fragrant Jasmine Rice	150g	225g	300g
Broccoli Florets *	1 small pack	1 medium pack	1 large pack

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 315G	PER 100G
Energy (kcal)	454	144
(kJ)	1897	603
Fat (g)	2	1
Sat. Fat (g)	1	1
Carbohydrate (g)	75	24
Sugars (g)	16	5
Protein (g)	29	9
Salt (g)	1.75	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 11) Soya 13) Gluten 14) Sulphites

**🧼** 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 or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH