



# Teriyaki Hake

with Jasmine Rice, Crispy Broccoli and Toasted Sesame Seeds

Classic Eat Me First • 30 Minutes • 1 of your 5 a day

4



Spring Onion



Broccoli



Lime



Jasmine Rice



Sesame Seeds



Hake Fillet



Teriyaki Sauce



## Before you start

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

## Cooking tools, you will need:

Frying Pan, Wooden Spoon, Small Bowl, Saucepan, Lid, Baking Tray, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Broccoli**	1	1½	2
Lime**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Sesame Seeds <b>3)</b>	15g	15g	15g
Hake Fillet** <b>4)</b>	2	3	4
Teriyaki Sauce <b>11)</b>	75g	100g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	415g	100g
Energy (kJ/kcal)	2116/506	510/122
Fat (g)	6	2
Sat. Fat (g)	1	1
Carbohydrate (g)	80	19
Sugars (g)	15	4
Protein (g)	31	7
Salt (g)	1.99	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 4) Fish 11) Soya

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

Preheat your oven to 200°C. Trim and thinly slice the **spring onion**. Chop the **broccoli** into florets (like small trees). Halve any large **florets**. Zest and halve the **lime**.



## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp of salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Cook the Broccoli

Meanwhile, pop the **broccoli florets** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Roast the **broccoli** on the top shelf of your oven until the edges are crispy and slightly charred, 10-15 mins.



## Toast the Seeds

Heat a large frying pan over medium heat (no **oil**) Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer to a bowl and pop your pan back on high heat with a drizzle of **oil**.



## Cook the Hake

Season the **hake** with **salt** and **pepper**. Once the **oil** is hot, lay the **fish** in the pan and fry until golden, 2-3 mins. Turn and cook for 2-3 mins on the other side. **IMPORTANT:** Wash your hands after handling raw fish. The fish is cooked when opaque all the way through. Add the **teriyaki sauce** to the pan with a squeeze of **lime juice** and remove from the heat. Spoon the sauce over the **hake**.



## Serve

When ready, fluff up the **rice**. Mix in the **lime zest** and season to taste if needed. Serve in bowls with the **fish** and **broccoli** on top. Drizzle over the sauce, then sprinkle over the **spring onions** and **toasted sesame seeds**.

## 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.