



# Teriyaki Hake

with Jasmine Rice, Crispy Broccoli and Roasted Sesame Seeds

Classic Eat Me First • 30-35 Minutes • 1 of your 5 a day

4



Spring Onion



Broccoli



Lime



Garlic Clove



Jasmine Rice



Hake Fillet



Teriyaki Sauce



White Roasted Sesame Seeds

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Zester, saucepan, lid, kitchen paper, baking tray, baking paper, frying pan and bowl.

## Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Broccoli**	1	1½	2
Lime**	½	1	1
Garlic Glove**	2	3	4
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Hake Fillet** 4)	2	3	4
Teriyaki Sauce 11)	75g	100g	150g
White Roasted Sesame Seeds 3)	7g	7g	15g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	415g	100g
Energy (kJ/kcal)	2054 /491	495 /118
Fat (g)	3.8	0.9
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	81.9	19.7
Sugars (g)	15.7	3.8
Protein (g)	30	7.3
Salt (g)	2.28	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 4) Fish 11) Soya

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.

## 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 **broccolis**.

Zest and halve the **lime**.

Peel and grate the **garlic** (or use a garlic press).



## Teriyaki Time

Meanwhile, pour the remaining **teriyaki** into a small bowl and squeeze in the **lime juice**. Mix together and set aside until the **hake** is cooked.



## 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 salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



## Stir-Fry the Broccoli

Pop a large frying pan on medium-high heat with a drizzle of **oil**.

Once hot, stir-fry the **broccoli** for 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **broccoli** is tender, 4-5 mins. Season with **salt** and **pepper**.



## Bake the Hake

Pat the **hake** with kitchen paper to remove any excess moisture, then lay onto a baking tray lined with baking paper. Drizzle with **oil**, season with **salt** and **pepper**, then spread the **garlic** over each **fillet**.

When the oven is hot, bake the **hake** on the top shelf for 5 mins, then pour **half** the **teriyaki sauce** over the **fish**. Return to the oven to bake until cooked through, 7-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*



## Serve

When everything is ready, remove the **hake** from the oven and spoon over the **teriyaki mixture** from the bowl.

Fluff up the **rice** with a fork, then stir through the **lime zest** and spoon into your bowls. Top with the **teriyaki hake** and all the **sauce** from the tray.

Serve the **broccoli** alongside and finish with a scattering of **spring onions** and **roasted sesame seeds**.

Enjoy!