



# Baked Hake

with Paprika Potatoes and Broccoli

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

4



-  Potato
-  Panko Breadcrumbs
-  Grated Hard Italian Style Cheese
-  Hake Fillet
-  Mayonnaise
-  Smoked Paprika
-  Broccoli
-  Garlic Clove

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Spoon, Measuring Jug, Garlic Press, Frying Pan, Plate.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Panko Breadcrumbs <b>13</b> )	25g	33g	50g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	60g	80g
Olive Oil for Crust*	1 tbsp	1½ tbsp	2 tbsp
Hake Fillet <b>4)**</b>	2	3	4
Mayonnaise <b>8) 9)</b>	2	3	4
Smoked Paprika	1 pot	1 pot	2 pots
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Broccoli**	1	1	2
Garlic Clove**	2	3	4

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>568g</b>	<b>100g</b>
Energy (kJ/kcal)	2251/538	396/95
Fat (g)	19	3
Sat. Fat (g)	5	1
Carbohydrate (g)	56	10
Sugars (g)	4	1
Protein (g)	36	6
Salt (g)	1.24	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**4)** Fish **7)** Milk **8)** Egg **9)** Mustard **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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## Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potato** on a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the middle shelf until golden, 25-30 mins. Turn halfway through cooking. **Tip:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Paprika Mayo

Meanwhile in a separate small bowl mix the **mayonnaise**, **paprika** and **water** (see ingredients for amount). Season with **salt** and **pepper** and set to one side for later.



## Season Your Crumb

In a small bowl, mix the **panko breadcrumbs**, **grated hard Italian style cheese** and **olive oil** (see ingredients for amount). Mix to combine and season with **salt** and **pepper**.



## Cook the Broccoli

Chop the **broccoli** into **florets** (like small trees). Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a frying pan on a high heat, once hot add the **broccoli**, and fry, constantly stirring until tender, 2-3 mins. Then add the **garlic** and a splash of **water**. Cover with a lid or some tin foil and cook until tender, 4-5 mins.



## Bake the Hake

Pat the **hake** with kitchen paper to remove any excess moisture. Lay the **hake fillets** onto a baking tray lined with baking paper. Drizzle with **oil** and season with **salt** and **pepper**. Divide the **breadcrumb mix** evenly between the two **fillets** and press down firmly to keep in place. Pop on the top shelf of the oven and bake until the **crumb** is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when it is opaque all the way through.



## Serve Up

Share the **roasted potatoes** between your plates. Serve the **hake** and **broccoli** alongside and drizzle over the **paprika mayo**.

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.