



Indian Style Crusted Hake

with Spiced Potatoes, Mustard Seed Green Beans and Zesty Mayo

Classic 40 Minutes • Mild Spice

6



Potatoes



North Indian
Style Spice Mix



Mustard Seeds



Panko Breadcrumbs



Hake Fillet



Mayonnaise



Lime



Green Beans



Garlic Clove

Pantry Items
Olive Oil

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, baking paper, kitchen paper, bowl, zester, garlic press, frying pan and lid.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Mustard Seeds 9)	1 pot	1 pot	2 pots
Panko Breadcrumbs 13)	25g	50g	50g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Hake Fillet** 4)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Lime**	½	1	1
Green Beans**	150g	300g	300g
Garlic Clove**	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	1889 /451	398 /95
Fat (g)	15	3
Sat. Fat (g)	2	1
Carbohydrate (g)	57	12
Sugars (g)	5	1
Protein (g)	26	5
Salt (g)	0.86	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 9) Mustard 13) Gluten

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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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 sprinkle over **half** the **North Indian style spice mix** and **half** the **mustard seeds**. Toss to coat, then 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.



Finish the Prep

Zest and cut the **lime** into wedges. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Pop the remaining **mayonnaise** into another small bowl with the **lime zest**. Season with **salt** and **pepper**, then mix together and set aside. About 10 mins before the **potatoes** are cooked, bake the **fish** on the middle shelf of the oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT: The hake is cooked when opaque in the middle.**



Make the Spicy Crumb

Meanwhile, mix together the **panko breadcrumbs** and remaining **North Indian style spice mix** in a small bowl. Add the **olive oil for the crumb** (see ingredients for amount), then season with **salt** and **pepper**. Stir to combine.



Fry the Beans

While everything cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins. Stir in the **garlic** and remaining **mustard seeds** and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins.



Coat the Fish

Pat the **hake** with kitchen paper to remove any excess moisture. Lay the **fillets** onto a baking tray lined with baking paper. Drizzle with **oil** and season with **salt** and **pepper**. Spread **half** the **mayo breadcrumb mixture**, pressing it down with the spoon. Set aside for now. **IMPORTANT: Wash your hands and equipment after handling raw fish.**



Serve

When everything is ready, plate up your **hake** with the **spiced potatoes** and **green beans** alongside. Serve with the a dollop of **zesty mayo** and the **lime wedges** alongside for squeezing over.

Enjoy!