



Italian-Style Christmas-Crumbed Hake

with Roast Potatoes and Warm Aubergine and Caper Salsa



N° 13

PREMIUM 45 Minutes • 3 of your 5 a day



-  Salad Potatoes
-  Dried Oregano
-  Aubergine
-  Premium Tomatoes
-  Garlic Clove
-  Flat Leaf Parsley
-  Raisins
-  Lemon
-  Ground Coriander
-  Pine Nuts
-  Panko Breadcrumbs
-  Hake Fillet
-  Capers

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Dried Oregano	1 small pot	1 large pot	1 large pot
Aubergine**	1	1½	2
Premium Tomatoes	1 punnet	2 punnets	2 punnets
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Raisins	1 pack	1½ packs	2 packs
Lemon**	1	1	1
Ground Coriander	1 small pot	¾ large pot	1 large pot
Pine Nuts	1 pot	1½ pots	2 pots
Panko Breadcrumbs 13	10g	12g	25g
Olive Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp
Hake Fillet 4 **	2	3	4
Capers	1 pot	1 pot	1 pot
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	678g	100g
Energy (kJ/kcal)	1839 / 440	271 / 65
Fat (g)	18	3
Sat. Fat (g)	2	1
Carbohydrate (g)	60	9
Sugars (g)	27	4
Protein (g)	9	1
Salt (g)	0.22	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **13**) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Halve the **salad potatoes** and pop them on a baking tray. Drizzle over some **oil** and sprinkle with the **dried oregano** and a pinch of **salt** and **pepper**. Toss to coat, making sure they are in a single layer. Roast on the top shelf of the oven until crispy on the outside and soft in the middle, 30-35 mins, turning halfway through.



4. Fish Time!

Put the **pine nuts**, **lemon zest**, **chopped raisins**, **panko breadcrumbs**, **oil** (see ingredient list for amount) and **half the parsley** in a large bowl. Add a pinch of **salt** and **pepper** and mix together until completely combined. Put the **fish** on a plate, spoon the **crumb** on top of it. Press it down onto the **fillet**. When the **aubergine** has been cooking for 10 mins, remove from the oven and carefully transfer the **fish** to one end of baking tray using a spatula. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat.**



2. Finish the Prep

Meanwhile, trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm chunks. Halve the **tomatoes**, peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Roughly chop the **raisins**. Zest and halve the **lemon**. Squeeze **half the lemon juice** into a bowl, set aside. Chop the remaining **lemon** into wedges.



5. Cook the Fish

Move the **potatoes** to the middle shelf, then bake the **aubergine** and **fish** on the top shelf until the **crumb** is golden and the **fish** cooked, 10-15 mins. **IMPORTANT: The fish is cooked when opaque all the way though.** Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Add the **tomatoes** and a pinch of **salt** and **pepper**. Cook until softened, 4-5 mins, then add the **garlic** and **capers**, stir and cook for a minute.



3. Roast the Aubergine

Pop the **aubergine** on a baking tray lined with baking paper and drizzle with **oil**. Sprinkle on the **ground coriander** along with a pinch of **salt** and **pepper**. Toss until coated in **oil**, then roast on the middle shelf until golden brown, 20-25 mins. We will add the **fish** to the tray when the **aubergine** has been cooking for 10 mins.



6. Finish and Serve

While the **tomatoes** cook, add the **olive oil** (see ingredient list for amount) to the **lemon juice** in the bowl. Add a pinch of **salt**, **pepper** and **sugar** and the remaining **parsley**. When the **tomatoes** have softened and the **aubergines** are cooked, add them both to the bowl and gently stir to combine. Serve the **hake** with the **roast potatoes** and warmed **aubergine** and **tomato salsa** arranged round the plate. Serve with **lemon wedges**.

Enjoy!

