



Lemon and Parsley Hake

with cherry tomatoes and charred carrots

Calorie Smart 40-45 mins • Eat me first

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Hake



Lemon



Cherry Tomatoes



Parsley



Onion



Vegetable Stock



Bulgur Wheat



Carrot



Pantry Items: Oil, Salt, Pepper, Water

Before you start

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

Cooking tools you will need

Zester, Lid, Medium Pot

Ingredients

	2P	4P
Hake	250 g	500 g
Lemon	½ unit	1 unit
Cherry Tomatoes	125 g	250 g
Parsley	5 g	10 g
Onion	½ unit	1 unit
Vegetable Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Carrot	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	464.5 g	100 g
Energy (kJ/kcal)	1763.1 kJ/ 421.4 kcal	379.6 kJ/ 90.7 kcal
Fat (g)	4.2 g	0.9 g
Sat. Fat (g)	0.6 g	0.1 g
Carbohydrate (g)	69.8 g	15 g
Sugars (g)	11.4 g	2.5 g
Protein (g)	32.6 g	7 g
Salt (g)	1.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

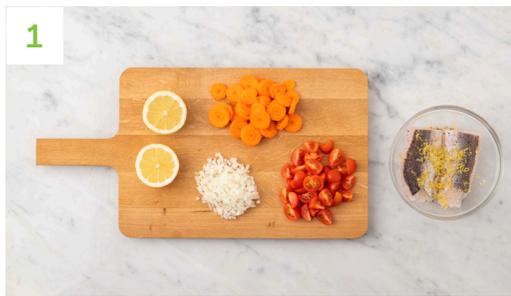
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Get Prepped

- Halve and peel the **onion**. Chop half (double for 4p) into small pieces.
- Zest half the **lemon** (double for 4p) then cut in half. Roughly chop **parsley** (stalks and all).
- Trim the **carrot** and slice into 1cm rounds (no need to peel).
- Quarter the **tomatoes**.
- Mix 1 tbsp **oil** (double for 4p) the **lemon** zest, **salt** and **pepper** in a large bowl. Add the **hake**. Turn to coat well and set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Mix the Dressing

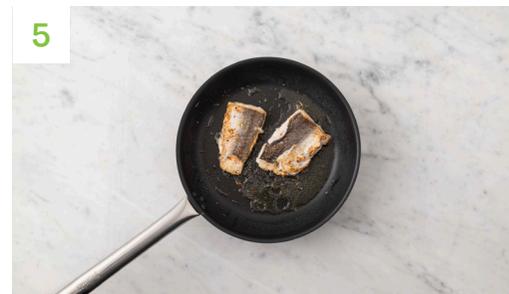
- Meanwhile, to a medium bowl add 1½ tbsp **oil** and a squeeze of **lemon** juice (double both for 4p).
- Add half the chopped **parsley**.
- Season with **salt** and **pepper**.
- Mix well and set aside.



Cook the Bulgur

- Place a medium pot over medium heat with a drizzle of **oil**.
- Once hot, add the chopped **onion** and cook, stirring occasionally, until softened, 3-4 mins.
- Add 240ml **water** (double for 4p), then stir in the **stock** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Cover and remove from heat. Leave to the side for 12-15 mins or until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Fry the Fish

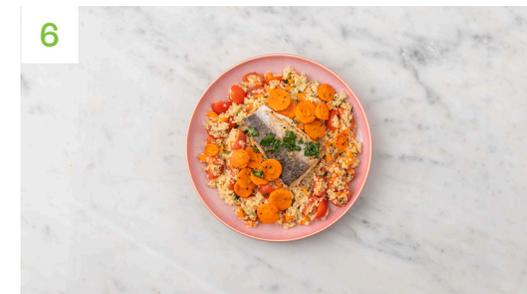
- Return the (now empty) pan to a medium-high heat.
- Once hot, carefully place your marinated **hake** into the pan, skin-side down.
- Spoon over any marinade remaining in the bowl.
- Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **IMPORTANT:** The fish is cooked when opaque in the middle.

TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down.



Char the Carrots

- Place a large pan over a medium-high heat (no oil).
- Once hot, add the **carrot** rounds and cook until charred, 5-6 mins each side.
- Turn every couple of mins—this will allow the **carrot** to pick up a nice colour.
- Once cooked, season with **salt** and **pepper** to taste, then transfer half the charred **carrots** to a bowl and cover to keep warm.
- Chop the remaining **carrots** into small pieces and set aside.



Finish and Serve

- When everything is ready, fluff up the **bulgur** with a fork and stir through the **tomatoes**, chopped **carrots**, remaining **parsley** and a small squeeze of **lemon** juice.
- Taste then season with **salt**, **pepper** and more **lemon** juice if desired.
- Share the **bulgur** between your plates, then top with the charred **carrot** rounds and crispy **hake**.
- Drizzle over the herby dressing to finish.

Enjoy!