



Cheesy Crusted Hake

with honey roast carrots and parsley butter potatoes

Family Quick Cook 20-25 mins • Eat me first

6



Hake



Carrot



Baby Potatoes



Breadcrumbs



Grated Italian Style Hard Cheese



Italian Herbs



Mayo



Honey



Parsley



Aioli



Sweet Chilli Sauce

Pantry Items: Oil, Salt, Pepper, Butter, Water



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Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, pot with lid

Ingredients

	2P	4P
Hake	250 g	500 g
Carrot	2 units	4 units
Baby Potatoes	500 g	1000 g
Breadcrumbs	1 pack	1 pack
Grated Italian Style Hard Cheese	25 g	50 g
Italian Herbs	½ sachet	1 sachet
Mayo	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Parsley	5 g	10 g
Aioli	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	612.5 g	100 g
Energy (kJ/kcal)	2949.7 kJ/ 705 kcal	481.6 kJ/ 115.1 kcal
Fat (g)	30.8 g	5 g
Sat. Fat (g)	4.8 g	0.8 g
Carbohydrate (g)	78 g	12.7 g
Sugars (g)	17.6 g	2.9 g
Protein (g)	34.3 g	5.6 g
Salt (g)	1.9 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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.

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Roast the Carrots

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop the **carrots** onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the **carrots** are tender, 18-20 mins. Turn halfway through.



Bake the Hake

- Pop the crumbed **hake** onto the middle shelf of the oven.
- Bake until the crumb is golden and **fish** is cooked through, 13-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



Boil the Potatoes

- Meanwhile, boil a large pot of **salted water** for the **potatoes**.
- Halve the **baby potatoes** (quarter larger potatoes).
- When boiling, add the **potatoes** to the **water**, lower the heat to medium and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Cover with a lid to keep warm.

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



Finishing Touches

- Meanwhile, roughly chop the **parsley** (stalks and all).
- When the **potatoes** are boiled and drained, add the **parsley** and 1 tbsp of **butter** (double for 4p) to the pot.
- Toss the **potatoes** until the **butter** has melted.
- Season with **salt** and **pepper**.
- When the **carrots** have finished roasting, remove from the oven and drizzle over the **honey**. Toss to coat.



Make the Crumb

- Meanwhile, in a bowl mix together the **breadcrumbs**, **cheese**, **half** the **Italian herbs** (double for 4p) and 1 tbsp of **oil** (double for 4p). Season with **salt** and **pepper**.
- Pat the **hake** with kitchen paper and place onto a separate lined baking tray. **IMPORTANT:** Wash hands and equipment after handling raw **fish**.
- Spread the **mayo** over the top of the **fish**. Top with the **breadcrumb** mixture. Gently press down with the back of a spoon to secure.



Serve and Enjoy

- When everything is ready, share the cheesy crumbed **hake** between plates.
- Serve the honeyed **carrots** and **parsley butter potatoes** alongside.
- Add a dollop of **aioli** onto each plate for dipping.
- Drizzle the **sweet chilli sauce** over the **hake** to finish.

Enjoy!