



# Korma Baked Hake

with scallion mash and garlicky green beans

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Hake



Potatoes



Korma Curry Paste



Green Beans



Garlic



Scallion



Sweet Chilli Sauce

Pantry Items: Salt, Pepper, Oil, Water, Butter, Milk (Optional)



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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, grater, pan with lid, pot with lid, potato masher

## Ingredients

	2P	4P
Hake	250 g	500 g
Potatoes	3 units	6 units
Korma Curry Paste	1 sachet	2 sachets
Green Beans	150 g	300 g
Garlic	1 unit	2 units
Scallion	2 units	4 units
Sweet Chilli Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	552.5 g	100 g
Energy (kJ/kcal)	2159 kJ/ 516 kcal	391 kJ/ 93 kcal
Fat (g)	12.5 g	2.2 g
Sat. Fat (g)	2.4 g	0.4 g
Carbohydrate (g)	73.6 g	13.2 g
Sugars (g)	11.8 g	2.1 g
Protein (g)	30.3 g	5.3 g
Salt (g)	3.5 g	0.6 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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## Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain the **potatoes** in a colander and return to the pot, off the heat. Add a knob of **butter** and a splash of **water** or **milk**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



## Finish and Serve

- Divide the **scallion** mash between plates.
- Serve the korma baked **hake** and garlicky **green beans** alongside.
- Drizzle the **sweet chilli sauce** over the **fish**.

## Enjoy!



## Bake the Fish

- Coat the **hake** with the **korma paste**, **salt** and **pepper** and lay onto a lined baking tray. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- When the oven is hot, pop the **fish** onto the top shelf and bake until cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Meanwhile, trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallions**.



## Fry the Beans

- While the **hake** cooks, place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **green beans** and fry until starting to char, 2-3 mins.
- Stir in the **garlic**, lower the heat to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **green beans** are tender, 4-5 mins. Remove the pan from the heat.
- Meanwhile, mix the **scallions** into the creamy mashed **potato**.