



Korma Baked Hake

with scallion mash and garlicky broccoli

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

12



Hake



Potatoes



Korma Curry Paste



Broccoli



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
Broccoli	1 unit	2 units
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	602.5 g	100 g
Energy (kJ/kcal)	2227 kJ/ 532 kcal	370 kJ/ 88 kcal
Fat (g)	12.9 g	2.1 g
Sat. Fat (g)	2.3 g	0.4 g
Carbohydrate (g)	76 g	12.6 g
Sugars (g)	11.4 g	1.9 g
Protein (g)	34.4 g	5.7 g
Salt (g)	3.5 g	0.5 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 **broccoli** 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, bake the **fish** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Meanwhile, trim the **broccoli**. Chop head into small florets and stem into 2cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallion**.



Fry the Broccoli

- While the **hake** cooks, place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **broccoli** 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 **broccoli** is tender, 4-5 mins. Remove the pan from the heat.
- Meanwhile, mix the **scallion** into the creamy mashed **potato**.