



# Charred Umami Hake

with green beans, broccoli and rice

Calorie Smart 20-25 mins • Eat me first

16



Hake



Sweet Chilli Sauce



Rice



Green Beans



Broccoli



Garlic



Miso Paste

Pantry Items: Oil, Salt, Pepper, 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

Grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Hake	250 g	500 g
Sweet Chilli Sauce	2 sachets	4 sachets
Rice	150 g	300 g
Green Beans	75 g	150 g
Broccoli	1 unit	1 unit
Garlic	1 unit	2 units
Miso Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	435 g	100 g
Energy (kJ/kcal)	2249 kJ/ 537 kcal	517 kJ/ 124 kcal
Fat (g)	5.9 g	1.4 g
Sat. Fat (g)	0.8 g	0.2 g
Carbohydrate (g)	85.7 g	19.7 g
Sugars (g)	16 g	3.7 g
Protein (g)	39.5 g	9.1 g
Salt (g)	6.4 g	1.4 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.

## Contact

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### 1 Make the Rice

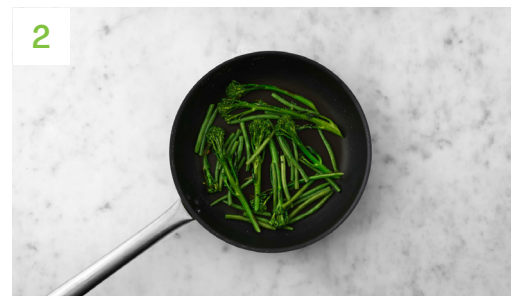
- Pour 300ml cold **water** into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins. Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Trim the bottom of the **broccoli**. Cut head into florets and stem into 2cm pieces.



### 4 Finish and Serve

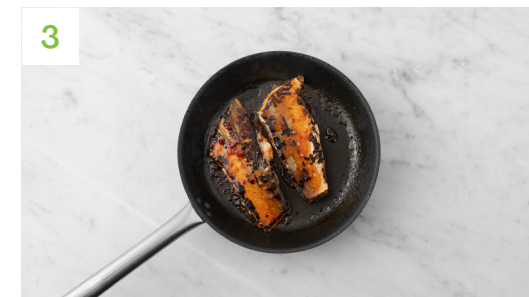
- Fluff up the **rice** with a fork and divide between plates.
- Top with green veg, charred **hake** and any marinade that remains in the pan.
- Drizzle the remaining **sweet chilli sauce** over the **fish**.

## Enjoy!



### 2 Get Prepped

- Mix **miso paste**, 1 tbsp **oil** (double for 4p) and **half** the **sweet chilli sauce** in a bowl. Add the **fish** and leave to marinate. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the veg and **garlic** for 2-3 mins.
- Add a splash of **water** and cover with a lid or some foil. Cook until tender, 4-5 mins. Season with **salt** and **pepper**
- Remove from the pan. Cover to keep warm.



### 3 Fry the Fish

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, add the **hake** along with any marinade remaining in the bowl. **IMPORTANT:** Fish is cooked when opaque in the middle
- Fry on one side until golden, 2-3 mins. Turn over and cook for 2-3 mins on the other side.

**TIP:** Add a splash of water to loosen the sauce if necessary.