



Harissa Spiced Hake

with herby mash and garlicky green beans

Quick Cook 20 – 25 mins • Eat me first • Spicy

18



Hake



Potatoes



Parsley



Garlic



Green Beans



Lemon



Harissa Paste

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



Rate your recipe!

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

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

Ingredients

	2P	4P
Hake	250 g	500 g
Potatoes	600 g	1200 g
Parsley	5 g	10 g
Garlic	1 unit	2 units
Green Beans	150 g	300 g
Lemon	1 unit	2 units
Harissa Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	589 g	100 g
Energy (kJ/kcal)	2209.2 kJ/ 528 kcal	375.1 kJ/ 89.6 kcal
Fat (g)	18.2 g	3.1 g
Sat. Fat (g)	8.5 g	1.4 g
Carbohydrate (g)	66.5 g	11.3 g
Sugars (g)	8.1 g	1.4 g
Protein (g)	30.7 g	5.2 g
Salt (g)	1.6 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.

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You can recycle me!



Make the Mash

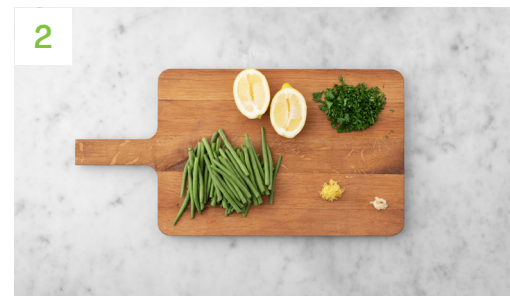
- Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Once the **water** is boiling, add the **potatoes** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and some **milk** or **water**. Mash until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm.

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



Fry the Fish

- Return the pan to medium-high heat with a drizzle of **oil**.
- Pat the **hake** dry with kitchen paper, then season with **salt** and **pepper**.
- Once hot, lay the **hake** into the pan and fry, 2-3 mins on each side. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.



Prep Your Veg

- Meanwhile, roughly chop the **parsley** (stalks and all). Once the mash is ready, stir through the **parsley**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest then juice the **lemon**.
- Trim the **green beans**.



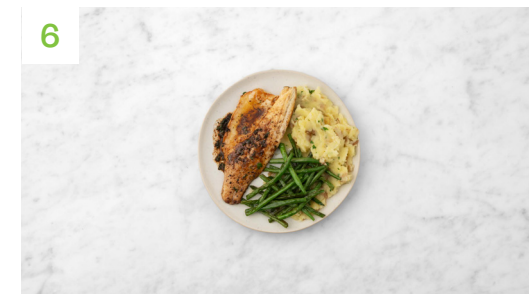
Baste in Harissa Butter

- Add 2 tbsp **butter** (double for 4p), **harissa paste**, **lemon** zest, and **half** the **lemon** juice to the pan.
- Cook for 1-2 mins, ensuring the **fish** is cooked through and well coated on both sides with the **harissa butter**. **IMPORTANT:** Fish is cooked when opaque in the middle.



Cook the Green Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **green beans** 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 cover with a lid or some foil. Cook until tender, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



Finish and Serve

- Divide the mashed **potato** between your plates.
- Top with the **greens beans** and **hake**.
- Finish with a drizzle of any **harissa butter** remaining in the pan.

Enjoy!