

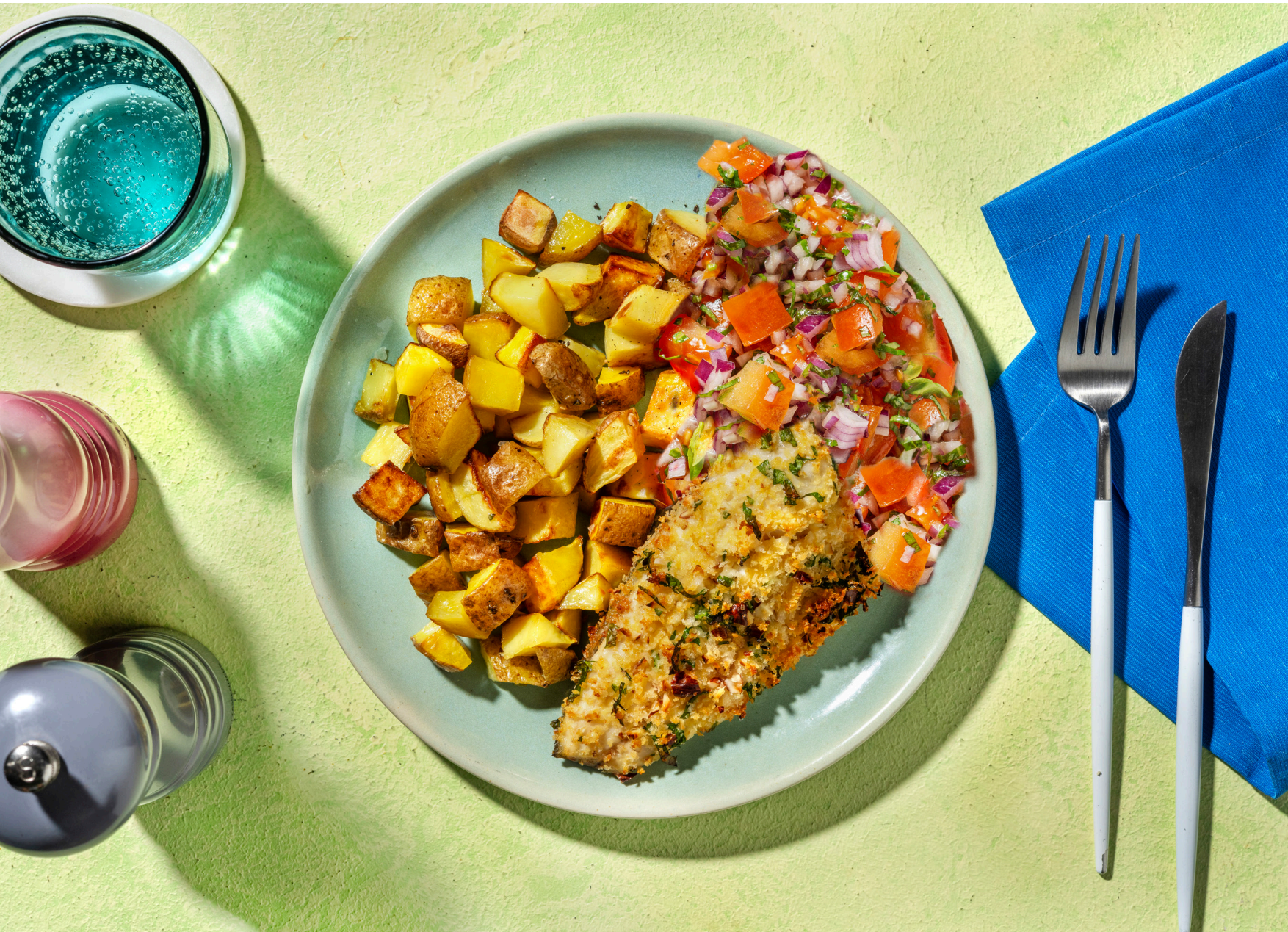


# Almond Crusted Hake

with roast potatoes and tomato cucumber salad

Calorie Smart 35-40 mins • Eat me first

11



Hake



Tomato



Parsley



Garlic



Almonds



Breadcrumbs



Potatoes



Cucumber



Onion

Pantry Items: Oil, Salt, Pepper, Egg



## 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, grater

## Ingredients

	2P	4P
Hake	250 g	500 g
Tomato	2 units	4 units
Parsley	5 g	10 g
Garlic	1 unit	2 units
Almonds	15 g	30 g
Breadcrumbs	1 pack	1 pack
Potatoes	3 units	6 units
Cucumber	1 unit	2 units
Onion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	735 g	100 g
Energy (kJ/kcal)	2464.4 kJ/ 589 kcal	335.3 kJ/ 80.1 kcal
Fat (g)	15.5 g	2.1 g
Sat. Fat (g)	2.1 g	0.3 g
Carbohydrate (g)	81.1 g	11 g
Sugars (g)	9.5 g	1.3 g
Protein (g)	33.5 g	4.6 g
Salt (g)	2.5 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



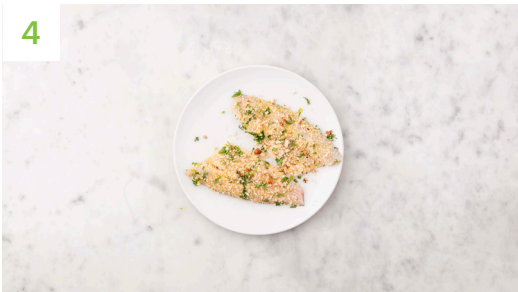
You can recycle me!



## Cook the Potatoes

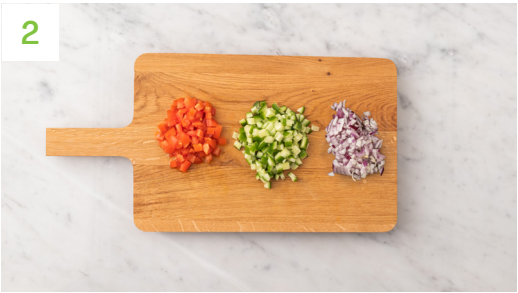
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Coat the Fish

- Crack 1 **egg** (double for 4p) into a deep plate and carefully mix with a fork.
- Dip the **hake** in the **egg** to coat evenly.
- Coat the **hake** in the **almond breadcrumb** mix. **IMPORTANT:** Wash hands and equipment after handling raw fish.



## Get Prepped

- Meanwhile, cut the **tomato** into small pieces.
- Halve the **cucumber** lengthways, then chop into small pieces.
- Halve, peel and finely dice the **onion**.
- In a bowl, toss the **tomato**, **cucumber** and **onion** together with a drizzle of **oil**, **salt** and **pepper**.



## Bake the Fish

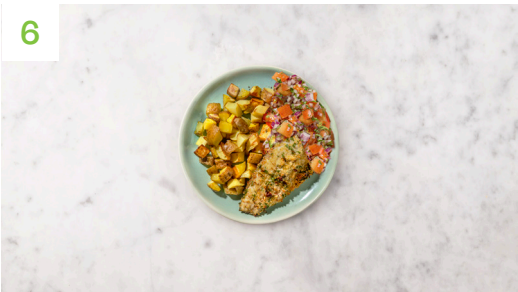
- Arrange the coated **hake** on a separate lined baking tray.
- Lightly **salt** the **fish** and drizzle over a little **oil**.
- Bake until the crumb is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



## Create the Crust

- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Chop the **almonds**.
- Pop the **breadcrumbs** into a medium bowl along with the chopped **parsley**, **garlic** and **almonds**.
- Season with **salt** and stir everything together until you have an even mix.

**TIP:** If you like, reserve a pinch of parsley for garnish.



## Finish and Serve

- Serve the **almond** crusted **hake** with roast **potatoes** and salad alongside.
- Sprinkle over any remaining **parsley** to finish.

**Enjoy!**