



Crumbed Hake and Golden Rice with carrots and bell pepper

Calorie Smart 30-35 mins • Eat me first

11



Hake



Breadcrumbs



Mayo



Lemon



Dried Thyme



Onion



Rice



Carrot



Bell Pepper



Hello Muscat



Ground Turmeric

Pantry Items: Salt, Pepper, Oil, Water

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, pot with lid, zester

Ingredients

	2P	4P
Hake	250 g	500 g
Breadcrumbs	1 pack	1 pack
Mayo	2 sachets	4 sachets
Lemon	1 unit	2 units
Dried Thyme	1 sachet	2 sachets
Onion	1 unit	2 units
Rice	150 g	300 g
Carrot	1 unit	2 units
Bell Pepper	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Ground Turmeric	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	501.2 g	100 g
Energy (kJ/kcal)	2489.5 kJ/ 595 kcal	496.7 kJ/ 118.7 kcal
Fat (g)	12 g	2.4 g
Sat. Fat (g)	1.3 g	0.3 g
Carbohydrate (g)	92.6 g	18.5 g
Sugars (g)	13.1 g	2.6 g
Protein (g)	32.7 g	6.5 g
Salt (g)	1.8 g	0.4 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!



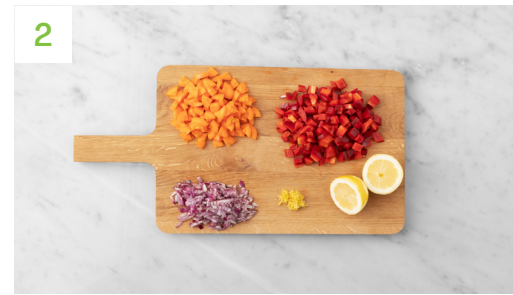
Make the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice**, **muscat** and **turmeric** and bring to the boil.
- Once boiling, lower heat to medium, cover and cook for 10 mins.
- Remove from the heat and leave aside for 10 mins or until ready to serve (keep covered so the rice continues to cook in its own steam).



Bake the Hake

- Pop the **hake** on the top shelf of the oven and bake until crumb is golden, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



Get Prepped

- Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.
- Halve, peel and chop the **onion** into small pieces.
- Trim the **carrot** and quarter lengthways. Chop into small pieces. (no need to peel).
- Zest and halve the **lemon**.



Fry the Veg

- While the **hake** cooks, place a pan over high heat (without oil).
- When hot, fry the **carrot**, **onion** and **pepper** until softened, 6-8 mins.
- Once cooked, season with **salt**, **pepper** and a squeeze of **lemon** juice.
- Add the veg to the **rice**. Use a fork to mix it all together, fluffing the **rice** up as you go.



Coat the Hake

- In a medium bowl mix together **lemon** zest, **breadcrumbs**, **thyme** and 1 tbsp **oil** (double for 4p). Season with **salt** and **pepper**.
- Lay the **hake** onto a lined baking tray. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Spread the **mayo** over the top of the **fish**.
- Spoon on the **breadcrumb** mixture, pressing it down so it adheres.
- Drizzle with **oil**.



Finish and Serve

- Divide the savoury golden **rice** between plates or bowls.
- Serve the golden **hake** alongside.
- Finish with a squeeze of **lemon** juice.

Enjoy!