



# Fried Hake

with balsamic lentils and baby spinach

Family 35-45 mins • Eat me first

4



Hake



Onion



Tomato



Lentils



Carrot



Baby Spinach



Balsamic Cream



Worcester Sauce



Vegetable Stock



Dill

Pantry Items: Oil, Salt, Pepper, Water, Butter

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Ingredients

	2P	4P
Hake	250 g	500 g
Onion	1 unit	2 unit
Tomato	2 units	4 units
Lentils	1 pack	2 packs
Carrot	1 unit	2 units
Baby Spinach	60 g	120 g
Balsamic Cream	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Dill	10 g	20 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	577 g	100 g
Energy (kJ/kcal)	1624.9 kJ/ 388.4 kcal	281.6 kJ/ 67.3 kcal
Fat (g)	4.3 g	0.7 g
Sat. Fat (g)	0.6 g	0.1 g
Carbohydrate (g)	42.8 g	7.4 g
Sugars (g)	28.6 g	5 g
Protein (g)	26 g	4.5 g
Salt (g)	3.7 g	0.6 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

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### Prep the Veg

- Trim the **carrot** then halve lengthways (no need to peel). Slice widthways into pieces about 1cm thick.
- Halve, peel and thinly slice the **onion**.
- Cut the **tomato** into 2cm chunks.
- Roughly chop the **dill** (discard the stalks).



### Fry Your Veg

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Once hot, add the **onion** and **carrot**, season with **salt** and **pepper** and fry until soft and sweet, 8-10 mins, stirring occasionally.



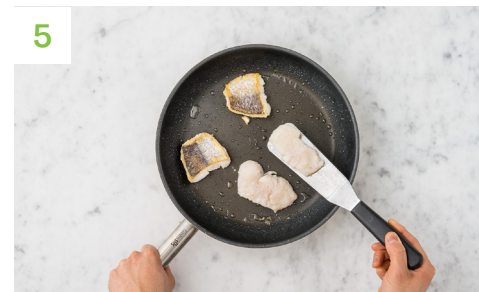
### Cook the Lentils

- Meanwhile, drain the **lentils** in a sieve and rinse until **water** runs clear.
- Add the **lentils**, **tomato**, **vegetable stock**, 50ml **water** (double for 4p), **Worcester sauce** and **balsamic cream** to the **carrots**.
- Simmer until the **carrots** are tender, 4-5 mins.



### Add the Spinach

- Add the **spinach** to the **lentils**, stirring until it's wilted.
- Stir though 1 tbsp **butter** (double for 4p) and **dill**.
- Season to taste with **salt** and **pepper**.



### Fry the Fish

- Heat a drizzle of **oil** in another pan on high heat.
- Pat the **hake** dry with kitchen paper, then season with **salt** and **pepper**.
- Once the **oil** is hot, lay the **fish** into the pan and fry until golden, 2-3 mins. Turn and cook for 2-3 mins on the other side.
- Once cooked, remove the pan from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



### Plate Up

- Place the **lentils** on plates and arrange the **hake** on top.

### Enjoy!