



# Fried Hake

with balsamic lentils and baby spinach

Family 35-45 mins • Eat me first

4



Hake



Tomato



Dill



Onion



Baby Spinach



Lentils



Worcester Sauce



Balsamic Glaze



Vegetable Stock



Carrot

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

## Before you start

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

## Cooking tools you will need

Sieve

## Ingredients

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	582 g	100 g
Energy (kJ/kcal)	1644.2 kJ/ 393 kcal	282.5 kJ/ 67.5 kcal
Fat (g)	4.3 g	0.7 g
Sat. Fat (g)	0.6 g	0.1 g
Carbohydrate (g)	43.3 g	7.4 g
Sugars (g)	29 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.

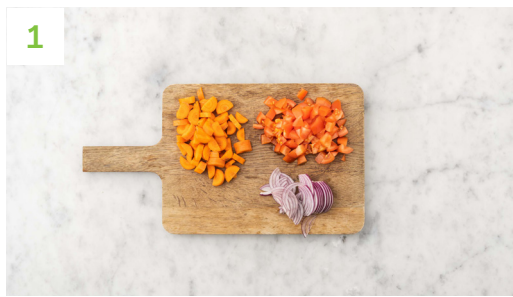
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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



You can recycle me!



## Get Prepped

- 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 glaze** 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 through 1 tbsp **butter** (double for 4p) and the chopped **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

- Divide the **lentils** between plates.
- Arrange the **hake** on top.

## Enjoy!