



# Hake and Twice-cooked Chips with minty broccoli and parsley lemon mayo

Family 45-50 mins • Eat me first

4



Hake



Potatoes



Lemon



Parsley



Breadcrumbs



Garlic



Mint



Broccoli



Mayo

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



## Before you start

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

## Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper, Colander, Pan with Lid

## Ingredients

	2P	4P
Hake	250 g	500 g
Potatoes	3 units	6 units
Lemon	1 unit	2 units
Parsley	5 g	10 g
Breadcrumbs	1 pack	1 pack
Garlic	1 unit	2 units
Mint	5 g	10 g
Broccoli	½ unit	1 unit
Mayo	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	467.5 g	100 g
Energy (kJ/kcal)	1807.8 kJ/ 432.1 kcal	386.7 kJ/ 92.4 kcal
Fat (g)	11 g	2.4 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	52.4 g	11.2 g
Sugars (g)	4.5 g	1 g
Protein (g)	31.3 g	6.7 g
Salt (g)	0.5 g	0.1 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.



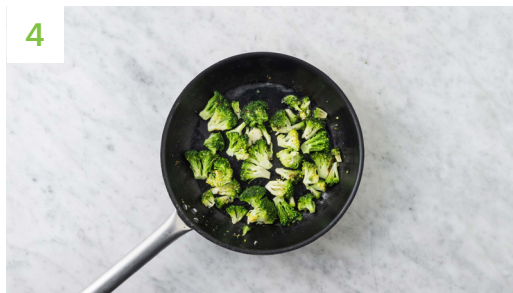
You can recycle me!



### Prep the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pour a glug of **oil** onto a baking tray (to coat the bottom) and pop into the oven to heat.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (no need to peel).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 7-8 mins.

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



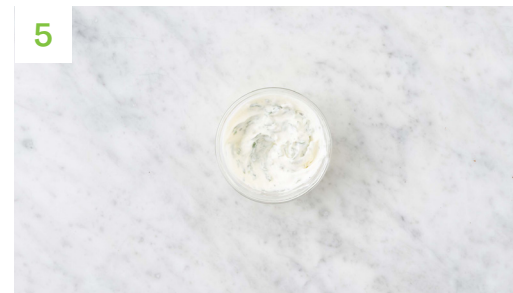
### Fry the Broccoli

- Meanwhile, cut **half** the **broccoli** (double for 4p) into florets. Halve larger florets.
- Peel and grate **garlic** (or use a garlic press). Pick **mint** leaves from stalks and roughly chop (discard the stalks).
- Place a pan on high heat with a drizzle of **oil**.
- Once hot, fry chopped **broccoli** for 2-3 mins.
- Add **garlic**, lower heat to medium and cook for 1 min. Add a splash of **water** and cover with a lid or foil. Cook until tender, 4-5 mins. Stir in chopped **mint**.



### Bread the Hake

- Zest and halve the **lemon**.
- Finely chop the **parsley** (stalks and all).
- In a medium bowl mix the **lemon** zest, **breadcrumbs**, 1 tbsp **oil** (double for 4p) and **half** the **parsley**. Season with **salt** and **pepper**.
- Lay the **hake** onto a separate (lined) baking tray. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Spread **half** the **mayo** over the top of the **fish**. Spoon on the **breadcrumb** mixture, pressing it down with a spoon. Drizzle with **oil** and set aside.



### Make the Mayo

- In a bowl mix the remaining **parsley** and **mayo**.
- Season to taste with **salt**, **pepper** and **lemon** juice.
- Chop any remaining **lemon** into wedges.



### Cook the Chips

- Once chips are done, drain in a colander and pop back into the pot. Toss in **salt** and 1 tbsp **flour** (double for 4p).
- Carefully remove the tray from the oven. Add the chips and carefully toss to coat in the **oil**.
- Roast on the middle shelf of the oven until golden, 25-30 mins. Turn halfway through.
- When halfway cooked, pop the **fish** on the top shelf of the oven. Bake for 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



### Plate Up

- When everything is ready, plate up your **fish**, **broccoli** and chips.
- Finish with a dollop of **lemon parsley mayo**.
- Serve **lemon** wedges alongside.

Enjoy!