



# Hake in Lemon Mustard Sauce

with sweet potato fries and pan-fried broccoli

Family 25-30 mins • Eat me first

5



Hake



Sweet Potato



Broccoli



Garlic



Lemon



Mustard



Honey



Vegetable Stock

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



## 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, Lid, Medium Pot

## Ingredients

	2P	4P
Hake	250 g	500 g
Sweet Potato	300 g	600 g
Broccoli	1 unit	1 unit
Garlic	2 units	4 units
Lemon	1 unit	2 units
Mustard	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	464.5 g	100 g
Energy (kJ/kcal)	1383.8 kJ/ 330.7 kcal	297.9 kJ/ 71.2 kcal
Fat (g)	4.2 g	0.9 g
Sat. Fat (g)	0.4 g	0.1 g
Carbohydrate (g)	44.5 g	9.6 g
Sugars (g)	13.6 g	2.9 g
Protein (g)	31.5 g	6.8 g
Salt (g)	1.6 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!



## Roast the Sweet Potato

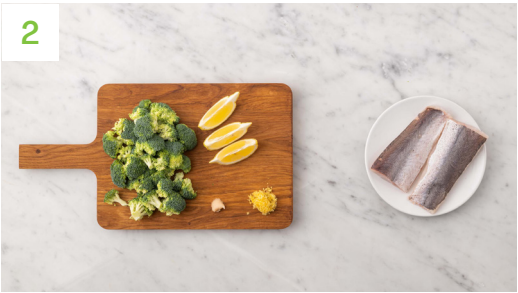
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm fries (peeling optional).
- Pop them onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until golden, 25-30 mins. Turn halfway through.

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



## Make the Sauce

- Place a medium pot over medium-high heat with 1 tbsp **butter** (double for 4p).
- When hot, add 1 tbsp **flour** (double for 4p) and stir to mix thoroughly.
- Add the **mustard**, **stock** and 100ml **water** (double for 4p) and bring to a boil.
- Allow to reduce for 2-3 mins. Remove from the heat and mix in the **honey** and **lemon** zest.
- Add **lemon** juice, **salt** and **pepper** to taste. Set aside and cover to keep warm.



## Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Zest the **lemon**. Cut half into thick wedges and juice the rest.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Pat the **hake** dry with kitchen paper.



## Cook the Broccoli

- Place a medium pan over high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry for 2-3 mins.
- Stir in the **garlic**, turn the heat down to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Allow to cook until the **broccoli** is tender, 4-5 mins.



## Bake the Hake

- Lay the **hake** onto a lined baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Pop onto the top shelf and bake until cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



## Dish Up

- Plate up the **hake** with **broccoli** and **sweet potato** fries alongside.
- Drizzle over the **lemon mustard** sauce.
- Serve with remaining **lemon** wedges.

## Enjoy!