



Lemony Hake and Broccoli with roast carrot and sweet potato fries

Family 25-30 mins • Eat me first

4



Hake



Sweet Potato



Broccoli



Garlic



Lemon



Mustard



Honey



Vegetable Stock



Carrot

Pantry Items: Oil, Salt, Pepper, Butter, Flour, 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, grater, pan with lid, zester

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
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	544.5 g	100 g
Energy (kJ/kcal)	1521 kJ/ 363.5 kcal	279.3 kJ/ 66.8 kcal
Fat (g)	4.4 g	0.8 g
Sat. Fat (g)	0.4 g	0.1 g
Carbohydrate (g)	52.5 g	9.6 g
Sugars (g)	17.4 g	3.2 g
Protein (g)	32.2 g	5.9 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 Veg

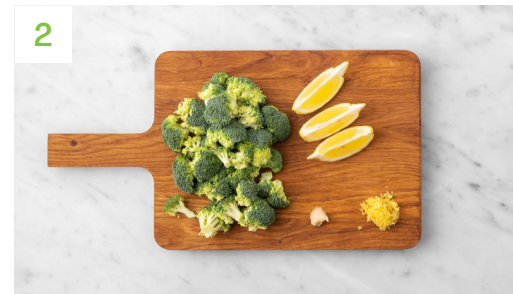
- Preheat oven to 240°C/220°C fan/gas mark 9.
- Cut the **sweet potato** into 1cm slices, then into 1cm fries (peeling optional).
- Trim the **carrot**, halve lengthways (unpeeled). Cut into 1cm wide, 5cm long batons.
- Add both to a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**. Toss to coat.
- Spread out in one layer and when oven is hot, roast on middle shelf until golden, 20-25 mins, turning halfway.

TIP: Use two baking trays if necessary.



Cook the Broccoli

- Return the pan over high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry for 2-3 mins.
- Stir in the **garlic**, lower the heat 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.



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.



Make the Sauce

- Meanwhile, place a small pot over medium-high heat with 2 tbsp **butter** (double for 4p).
- When the **butter** has melted, add 1 tsp **flour** (double for 4p) and stir to combine.
- Add the **stock powder**, **mustard** and 75ml **water** (double for 4p). Bring to the boil and reduce for 2-3 mins.
- Remove from the heat. Mix in the **honey**, **lemon** zest and 1 tbsp **lemon** juice (double for 4p).
- Season to taste with **salt**, **pepper** and more **lemon** juice if required.



Fry the Hake

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Season the **hake** with **salt** and **pepper**.
- Once hot, lay the fillets in the pan and cook for 4-5 mins.
- Turn over and cook on the other side for a further 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the centre.
- Remove from the pan and set aside.



Dish Up

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

Enjoy!