



Charred Sweet Soy Hake

with green beans, broccolini and rice

Calorie Smart 20-25 mins • Eat me first

16



Hake



Sweet Chilli Sauce



Soy Sauce



Coriander



Rice



Green Beans



Broccolini

Pantry Items: Oil, Salt, Pepper, 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

Pot with lid, pan with lid

Ingredients

	2P	4P
Hake	250 g	500 g
Sweet Chilli Sauce	2 sachets	4 sachets
Soy Sauce	1 sachet	2 sachets
Coriander	5 g	10 g
Rice	150 g	300 g
Green Beans	75 g	150 g
Brocolini	75 g	150 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	307.5 g	100 g
Energy (kJ/kcal)	1820 kJ/ 435 kcal	591.9 kJ/ 141.5 kcal
Fat (g)	3.6 g	1.2 g
Sat. Fat (g)	0.5 g	0.2 g
Carbohydrate (g)	69.7 g	22.7 g
Sugars (g)	8.1 g	2.6 g
Protein (g)	30.8 g	10 g
Salt (g)	2.4 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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?
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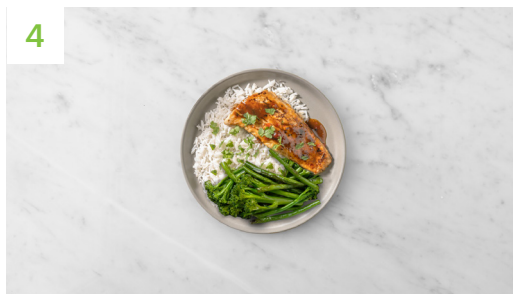


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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins. Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- Meanwhile, roughly chop the **coriander** (stalks and all). Trim the **brocolini** and **green beans**.



Finish and Serve

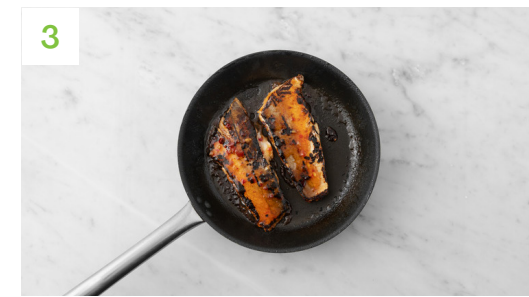
- Dish up the **rice** and green veg.
- Top with the charred **hake** and drizzle over any marinade that remains in the pan.
- Garnish with the chopped **coriander**.

Enjoy!



Get Prepped

- Mix the **sweet chilli sauce**, **soy sauce** and 1 tbsp **oil** (double for 4p) in a large bowl. Add the **fish** to the bowl and leave to marinate. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the veg for 2-3 mins.
- Add a splash of **water** and cover with a lid or some foil. Cook until tender, 4-5 mins. Season with **salt** and **pepper**.
- Remove from the pan. Cover to keep warm.



Fry the Fish

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, add the marinated **hake** (reserving the marinade in the bowl). **IMPORTANT:** Fish is cooked when opaque in the middle.
- Fry on one side until golden, 2-3 mins. Turn over and cook for 2-3 mins on the other side.
- When 1 min of cooking time remains, add the marinade and coat the **hake** in it.
- Allow the sauce to reduce slightly.

TIP: Add a splash of water if necessary!