



Hake in Herby Aioli

with mashed potatoes and roasted carrots

Calorie Smart 35-40 mins • Eat me first

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Hake



Carrot



Potatoes



Chives



Mustard



Paprika



Aioli



Lemon

Pantry Items: Oil, Salt, Pepper, Butter, Water, Milk (Optional)

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, colander, pot with lid, potato masher

Ingredients

	2P	4P
Hake	250 g	500 g
Carrot	2 units	4 units
Potatoes	3 units	6 units
Chives	5 g	10 g
Mustard	1 sachet	2 sachets
Paprika	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Lemon	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	667 g	100 g
Energy (kJ/kcal)	2778.2 kJ/ 664 kcal	416.5 kJ/ 99.6 kcal
Fat (g)	26.4 g	4 g
Sat. Fat (g)	3 g	0.4 g
Carbohydrate (g)	81.2 g	12.2 g
Sugars (g)	12.7 g	1.9 g
Protein (g)	30.2 g	4.5 g
Salt (g)	3.4 g	0.5 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?
Head online or use the app to rate this recipe.

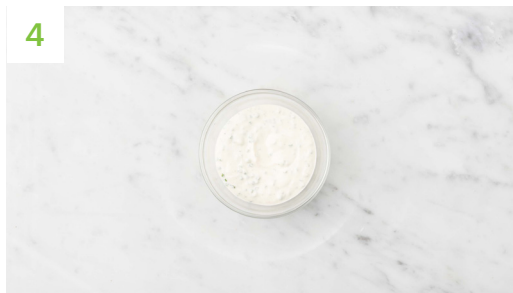


You can recycle me!



Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth, season with **salt** and **pepper**. Cover to keep warm.



Mix the Sauce

- Meanwhile, combine the **aioli**, **mustard**, **chives** and 1 tbsp **lemon** juice (double for 4p) in a small bowl.
- Season to taste with **salt** and **pepper**.



Get Prepped

- While the **potatoes** cook, trim the **carrots** then quarter lengthways (no need to peel).
- Finely chop the **chives** (or use scissors if you prefer).
- Quarter the **lemon**.



Fry the Fish

- When the **carrots** have 10 mins left to cook, place a pan over medium heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Once hot, lay the **hake** into the pan and fry until cooked through, 4-5 mins on each side.
IMPORTANT: Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the centre.
- Season with **salt** and **pepper**.



Roast the Carrots

- Pop the **carrots** onto a lined baking tray
- Drizzle with **oil**, season with **paprika**, **salt** and **pepper** then toss to coat.
- Spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



Plate Up

- Divide the **carrots** and mashed **potato** between plates.
- Plate the **hake** alongside, drizzling over any buttery juices from the pan.
- Serve the herby **aioli** sauce on the side along with any remaining **lemon** wedges.

Enjoy!