



Pan-fried Hake and Lentils

with carrot and baby spinach

Calorie Smart 35-40 mins • Eat me first

16



Hake



Lentils



Tomato



Onion



Baby Spinach



Worcester Sauce



Balsamic Glaze



Vegetable Stock



Carrot



Parsley



Harissa Spice Mix

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

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

Sieve

Ingredients

	2P	4P
Hake	250 g	500 g
Lentils	1 pack	2 packs
Tomato	2 units	4 units
Onion	1 unit	2 units
Baby Spinach	60 g	120 g
Worcester Sauce	1 sachet	2 sachets
Balsamic Glaze	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Carrot	1 unit	2 units
Parsley	5 g	10 g
Harissa Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	582.2 g	100 g
Energy (kJ/kcal)	1721 kJ/ 411 kcal	295 kJ/ 71 kcal
Fat (g)	5 g	0.8 g
Sat. Fat (g)	0.7 g	0.1 g
Carbohydrate (g)	46 g	7.7 g
Sugars (g)	30.1 g	5.1 g
Protein (g)	42.1 g	7.2 g
Salt (g)	4.4 g	0.7 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.

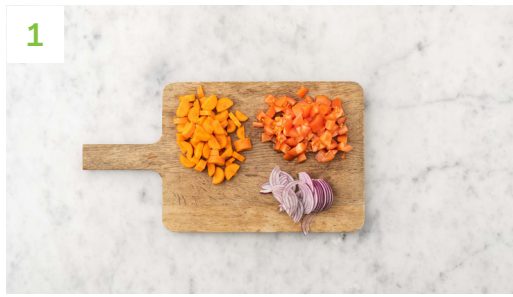
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Trim the **carrot** then halve lengthways (no need to peel). Slice widthways into 1cm thick pieces.
- Halve, peel and thinly slice the **onion**.
- Chop the **tomato** into 2cm chunks.
- Roughly chop the **parsley** (discard the stalks).



Cook the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **carrot**. Season with **salt** and **pepper**.
- Fry until soft and sweet, stirring occasionally, 4-5 mins.



Simmer the Lentils

- Meanwhile, drain and rinse the **lentils** in a sieve.
- Once the veg has softened, add the **lentils**, **tomato**, **Worcester sauce** and **balsamic glaze** to the pan.
- Stir through the **vegetable stock powder** along with 50ml **water** (double for 4p).
- Simmer until the **carrot** is tender, 8-10 mins.



Wilt the Spinach

- Add the **spinach** to the **lentils**, stirring until it's wilted, 1-2 mins.
- Mix in 1 tbsp **butter** (double for 4p) along with the **parsley**.
- Season to taste with **salt** and **pepper**.



Fry the Fish

- Place a separate pan over medium-high heat with a drizzle of **oil**.
- Pat the **hake** dry with kitchen paper then season with **harissa spice**, **salt** and **pepper**.
- Once the **oil** is hot, lay the **fish** into the pan and fry on one side until golden, 4-5 mins.
- Turn and cook on the other side, a further 4-5 mins.
- Once cooked, remove the pan from the heat.
IMPORTANT: Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.



Finish and Serve

- Divide the balsamic **spinach lentils** between plates.
- Arrange the **hake** on top.

Enjoy!