



Crispy Crumbed Hake Burger

with chips and zesty side salad

Family 35-40 mins • Eat me first

5



Hake



Brioche Buns



Salad Leaves



Italian Herbs



Lemon



Breadcrumbs



Potatoes



Aioli



Ketchup

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, zester

Ingredients

	2P	4P
Hake	250 g	500 g
Brioche Buns	2 units	4 units
Salad Leaves	40 g	80 g
Italian Herbs	½ sachet	1 sachet
Lemon	1 unit	2 units
Breadcrumbs	1 pack	1 pack
Potatoes	3 units	6 units
Aioli	1 sachet	2 sachets
Ketchup	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	603.5 g	100 g
Energy (kJ/kcal)	3508 kJ/ 838 kcal	583.7 kJ/ 139.5 kcal
Fat (g)	30.4 g	5.1 g
Sat. Fat (g)	4.1 g	0.7 g
Carbohydrate (g)	107.3 g	18.1 g
Sugars (g)	13.1 g	2.2 g
Protein (g)	35.6 g	6 g
Salt (g)	3.5 g	0.6 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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Make the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).
- Pop the chips onto a large (lined) baking tray.
- Toss with **salt, pepper**, and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Dress the Salad

- Meanwhile, in a large bowl for the salad, mix together a drizzle of **oil** and a squeeze of **lemon juice**.
- Season to taste with **salt and pepper**.
- Just before serving, toss the **salad leaves** through the dressing (reserve a few leaves to add to your burger).



Get Prepped

- Zest and quarter the **lemon**.
- To a small bowl, add **half the Italian herbs** and 1 tbs **oil** (double both for 4p).
- Stir in the **lemon zest** and the **breadcrumbs**.
- Season with **salt and pepper**, then mix to combine.
- Pat the **hake** with kitchen paper to remove any excess moisture. **IMPORTANT:** Wash hands and equipment after handling raw fish.



Cook the Fish

- Lay the **hake** fillets onto a lined baking tray.
- Drizzle with **oil** and season with **salt and pepper**.
- Divide the lemony **breadcrumb** mix evenly between the tops of the **hake** fillets, pressing down firmly to keep in place.
- Bake on the bottom shelf of the oven until the crumb is golden and the **hake** is cooked through, 10-12 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



Warm the Buns

- When the **hake** has 5 mins left to cook, pop the **brioche buns** into the oven to warm.
- Toast until golden brown, 2-3 mins.

TIP: Keep an eye on them so they don't burn.



Finish and Serve

- To assemble the burgers, spread a spoonful of **aioli** and **ketchup** over the cut side of each **brioche bun**.
- To the base **bun**, add reserved **salad leaves** and crumbed **hake**.
- Close the burger with the top **bun**.
- Serve with salad, chips and any remaining **lemon wedges** alongside.

Enjoy!