



Spiced Hake and Lentils

with carrot and baby spinach

Calorie Smart 35-45 mins • Spicy • Eat me first

16



Hake



Lentils



Passata



Onion



Baby Spinach



Honey



Harissa Paste



Vegetable Stock



Carrot



Parsley

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



Rate your recipe!

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
Passata	1 pack	2 packs
Onion	1 unit	2 units
Baby Spinach	60 g	120 g
Honey	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Carrot	1 unit	2 units
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	613.5 g	100 g
Energy (kJ/kcal)	2045 kJ/ 489 kcal	333 kJ/ 80 kcal
Fat (g)	8.3 g	1.3 g
Sat. Fat (g)	1 g	0.1 g
Carbohydrate (g)	54 g	8.8 g
Sugars (g)	36.1 g	5.9 g
Protein (g)	41.6 g	6.9 g
Salt (g)	5.3 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.

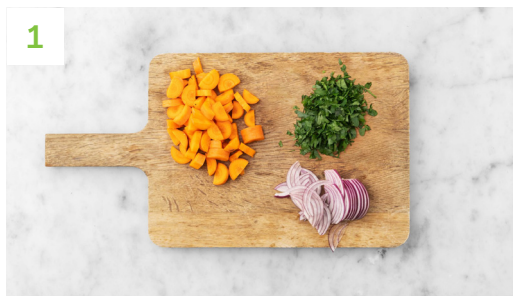
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Get Prepped

- Trim the **carrot** then halve lengthways (no need to peel). Slice widthways into 1cm thick pieces.
- Halve, peel and thinly slice the **onion**.
- Pat the **hake** dry with kitchen paper then season with **salt** and **pepper**.
- Roughly chop the **parsley** (discard the stalks).



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**.



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.



Fry the Fish

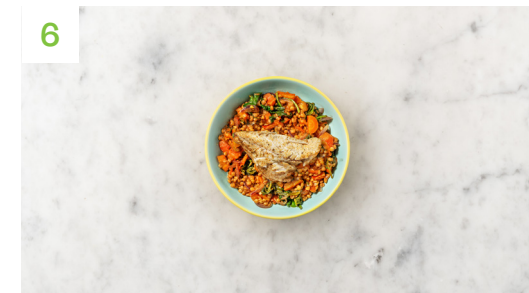
- Place a separate pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, lay the **fish** into the pan and fry on one side until golden, 3-4 mins.
- Turn and cook on the other side, a further 3-4 mins.
- Add 2 tbsp **butter** (double for 4p) and **harissa** to the pan.
- Cook for 1-2 mins, ensuring the **fish** is cooked through and well coated on both sides with the **harissa butter**. **IMPORTANT:** Fish is cooked when opaque in the middle..



Simmer the Lentils

- Meanwhile, drain and rinse the **lentils** in a sieve.
- Once the veg has softened, add the **lentils**.
- Stir through the **passata** and **vegetable stock powder** along with 50ml **water** and ½ tsp **sugar** (double both for 4p).
- Simmer until the **carrots** are tender, 8-10 mins.

TIP: Add more water if the lentils become too dry!



Finish and Serve

- Divide the **spinach lentils** between plates and place the **hake** on top,
- Pour over any **harissa butter** remaining in the pan.
- Finish with a drizzle of **honey**.

Enjoy!