

# Crumbed Hake and Parsley Potatoes

with pesto topping and radish salad

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Hake



Green Pesto



Breadcrumbs



Salad Leaves



Balsamic Glaze



Baby Potatoes



Radish



Parsley



Mayo

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



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## 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

## Ingredients

|                | 2P       | 4P        |
|----------------|----------|-----------|
| Hake           | 250 g    | 500 g     |
| Green Pesto    | 1 sachet | 2 sachets |
| Breadcrumbs    | 1 pack   | 1 pack    |
| Salad Leaves   | 40 g     | 80 g      |
| Balsamic Glaze | 1 sachet | 2 sachets |
| Baby Potatoes  | 500 g    | 1000 g    |
| Radish         | 125 g    | 250 g     |
| Parsley        | 5 g      | 10 g      |
| Mayo           | 1 sachet | 2 sachets |

## Nutrition

|                                 | Per serving            | Per 100g                |
|---------------------------------|------------------------|-------------------------|
| <b>for uncooked ingredients</b> | <b>508.5 g</b>         | <b>100 g</b>            |
| Energy (kJ/kcal)                | 2133.8 kJ/<br>510 kcal | 419.6 kJ/<br>100.3 kcal |
| Fat (g)                         | 17.3 g                 | 3.4 g                   |
| Sat. Fat (g)                    | 1.7 g                  | 0.3 g                   |
| Carbohydrate (g)                | 59.3 g                 | 11.7 g                  |
| Sugars (g)                      | 6.6 g                  | 1.3 g                   |
| Protein (g)                     | 30.8 g                 | 6.1 g                   |
| Salt (g)                        | 1.3 g                  | 0.3 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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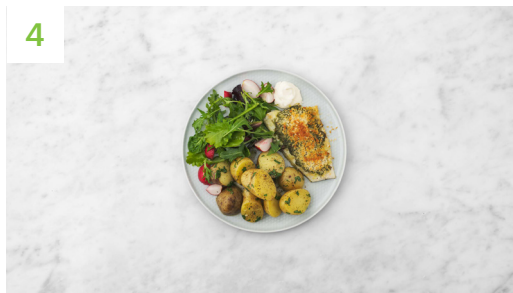


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### Boil the Potatoes

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water**.
- Halve the **potatoes** (quarter larger pieces). Roughly chop the **parsley**.
- When the **water** is boiling, add the **potatoes**, lower the heat to medium and cook until fork tender, 15-20 mins.
- Drain in a colander and return to the pot, off the heat. Stir through a knob of **butter** along with the **parsley**. Season to taste with **salt** and **pepper**. Cover to keep warm.



### Finish and Serve

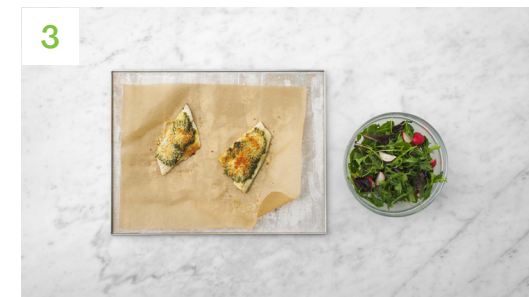
- Divide the **pesto** crumbed **hake** fillets between plates, adding a dollop of **mayo** to the top of each.
- Serve the **radish** salad and **parsley butter potatoes** alongside.
- Finish the salad with a drizzle of **balsamic glaze**.

### Enjoy!



### Coat the Fish

- Meanwhile, pat the **hake** dry with kitchen paper.
- Arrange the **hake** on a lined baking tray.
- **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Spread the **pesto** evenly over the tops of the **hake** fillets.
- Season the **breadcrumbs** with **salt** and **pepper**.
- Spoon equal amounts of the **breadcrumbs** onto each fillet. Press down firmly with the back of the spoon to ensure it adheres.



### Cook the Fish

- Place the **hake** on the top shelf of the oven.
- Bake until the **breadcrumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Meanwhile, trim and quarter the **radish**.
- Just before serving, toss the **radish** and **salad leaves** with a drizzle of **oil**.
- Season to taste with **salt** and **pepper**.