



Spicy Crusted Hake and Baby Corn

with creamy mashed potato

Calorie Smart 30-35 mins • Eat me first • **Extra spicy**

16



Hake



Potatoes



Gochujang Paste



Grated Italian Style Hard Cheese



Honey



Chives



Baby Corn

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



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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

Colander, pan with lid, pot with lid, potato masher

Ingredients

	2P	4P
Hake	250 g	500 g
Potatoes	3 units	6 units
Gochujang Paste	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Honey	1 sachet	2 sachets
Chives	5 g	10 g
Baby Corn	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	531.5 g	100 g
Energy (kJ/kcal)	2200.8 kJ/ 526 kcal	414.1 kJ/ 99 kcal
Fat (g)	14.6 g	2.7 g
Sat. Fat (g)	4.5 g	0.8 g
Carbohydrate (g)	66.9 g	12.6 g
Sugars (g)	10 g	1.9 g
Protein (g)	33.7 g	6.3 g
Salt (g)	2.5 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.

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Make the Mash

- 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.



Finish and Serve

- Divide the creamy mashed **potato** and **baby corn** between plates.
- Serve the cheesy spiced **fish** alongside.
- Drizzle the **honey** over the **fish**.
- Finish with a sprinkling of chopped **chives**.

Enjoy!



Cook the Veg

- Meanwhile, roughly chop the **chives** (use scissors if you prefer).
- Halve the **baby corn** lengthways.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **baby corn** and stir-fry until starting to char, 3-4 mins. Season to taste with **salt** and **pepper**.
- Once cooked, remove from the pan and set aside. Wipe and return the pan to medium-high heat with a drizzle of **oil**.



Fry the Fish

- Once the pan is hot, add the **hake**. Season with **salt** and **pepper**.
- Cook on one side for 4-5 mins. Turn over and cook on the other side for 4-5 mins more.
- In the final 2 mins of cooking time, spread the **gochujang** (use less if you don't like spice) over the **fish**.
- Sprinkle on the **cheese** then cover the pan with a lid. Cook for remaining time, 2 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the centre.