



Hake in Garlic Chive Butter

with roast potatoes and green beans

Calorie Smart 45-50 mins • Eat me first

11



Hake



Potatoes



Chives



Garlic



Lemon



Green Beans



Aioli

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



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

Baking sheet with baking paper, grater, pan with lid, zester

Ingredients

	2P	4P
Hake	250 g	500 g
Potatoes	3 units	6 units
Chives	10 g	20 g
Garlic	1 unit	2 units
Lemon	½ unit	1 unit
Green Beans	150 g	300 g
Aioli	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	557.5 g	100 g
Energy (kJ/kcal)	2573.2 kJ/ 615 kcal	461.6 kJ/ 110.3 kcal
Fat (g)	26 g	4.7 g
Sat. Fat (g)	3.1 g	0.6 g
Carbohydrate (g)	68.8 g	12.3 g
Sugars (g)	7 g	1.3 g
Protein (g)	30.3 g	5.4 g
Salt (g)	2.6 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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You can recycle me!



Roast the Potatoes

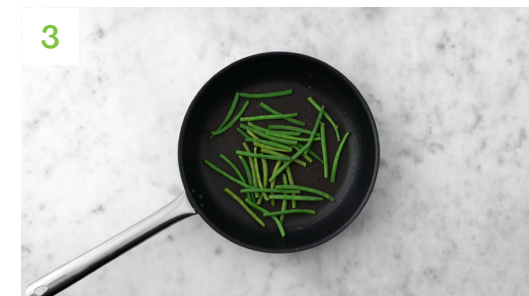
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Get Prepped

- Meanwhile, roughly chop the **chives** (use scissors if you prefer).
- Zest **half** the **lemon** (double for 4p) then cut into thick wedges.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **green beans**.



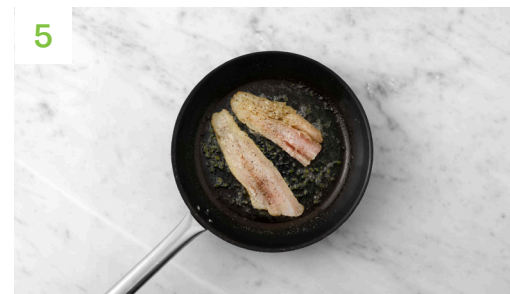
Cook the Green Beans

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **green beans** until starting to char, 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **green beans** are tender, 4-5 mins.
- Remove from the pan and cover to keep warm.



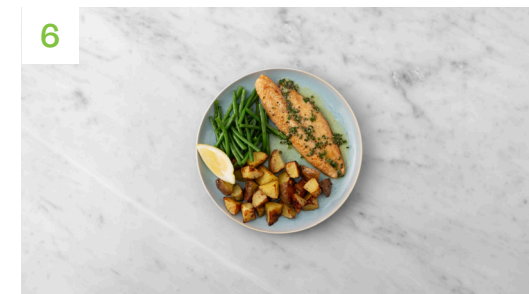
Fry Your Fish

- Return the pan to medium-high heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Season the **fish** with **salt** and **pepper**.
- Once the **butter** is melted carefully place the **hake** into the pan. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Fry until cooked through, 4-5 mins on each side.



Baste in Butter

- Add the **chives** and **garlic** to the pan and squeeze in the juice of **half** a **lemon** (double for 4p).
- Continuously spoon the **butter** over the **fish** for 1-2 mins, then remove from the heat. **IMPORTANT:** Fish is cooked when opaque in the middle.



Finish and Serve

- When ready, plate up the **hake** with the **green beans** and **potatoes** alongside.
- Spoon the melted **chive butter** from the pan over the **fish** and sprinkle with the **lemon** zest to finish.
- Serve the **aioli** and any remaining **lemon** wedges alongside.

Enjoy!