

# Spiced Hake and Lentils

with carrot and baby spinach

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

16



Hake



Lentils



Onion



Baby Spinach



Vegetable Stock



Carrot



Parsley



Passata



Harissa Paste



Honey

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
Onion	2 units	4 units
Baby Spinach	60 g	120 g
Vegetable Stock	1 sachet	2 sachets
Carrot	1 unit	2 units
Parsley	5 g	10 g
Passata	1 pack	2 packs
Harissa Paste	1 sachet	2 sachets
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>623.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2058 kJ/ 492 kcal	330 kJ/ 79 kcal
Fat (g)	8 g	1.3 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	55.1 g	8.8 g
Sugars (g)	36.6 g	5.9 g
Protein (g)	41.5 g	6.6 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.

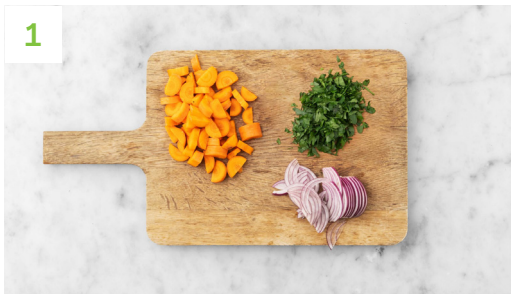
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## Get Prepped

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



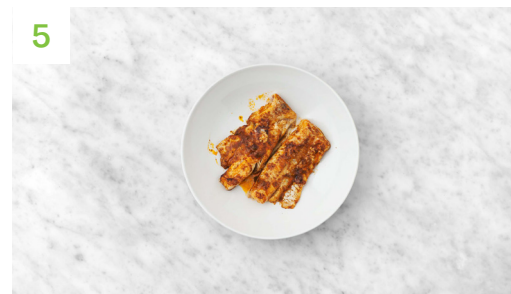
## Wilt the Spinach

- Add the **spinach** to the **lentils**, stirring until it's wilted, 1-2 mins.
- Stir through 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

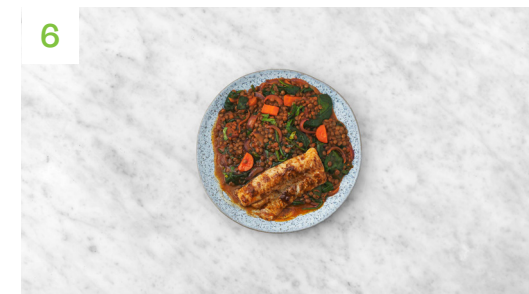
- Place a separate pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, lay the **fish** into the pan and fry on one side until golden, 3-4 mins.
- Turn and cook on the other side for a further 3-4 mins.
- Add 2 tbsp **butter** (double for 4p) and the **harissa paste** to the 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 **stock powder** along with 50ml **water** and ½ tsp **sugar** (double both for 4p).
- Simmer until thickened slightly, 15-18 mins.

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



## Finish and Serve

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

## Enjoy!