



Hake in Lemon Mustard Sauce

with sweet potato fries and pan-fried broccoli

Calorie Smart 25 – 30 mins • Eat me first

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Hake



Sweet Potato



Broccoli



Garlic



Lemon



Mustard



Honey



Vegetable Stock

Pantry Items: Oil, Salt, Pepper, Butter, Flour, 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
Sweet Potato	2 units	4 units
Broccoli	1 unit	1 unit
Garlic	2 units	4 units
Lemon	1 unit	2 units
Mustard	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	571.5 g	100 g
Energy (kJ/kcal)	1974.8 kJ/ 472 kcal	345.6 kJ/ 82.6 kcal
Fat (g)	5.4 g	0.9 g
Sat. Fat (g)	0.5 g	0.1 g
Carbohydrate (g)	69 g	12.1 g
Sugars (g)	17.7 g	3.1 g
Protein (g)	34.1 g	6 g
Salt (g)	2 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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Roast the Sweet Potato

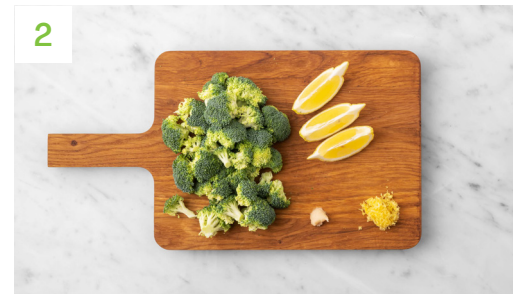
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** lengthways into 1cm slices, then into 1cm fries (peeling optional).
- Pop onto a lined baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through.

TIP: Use two baking trays if necessary. Sweet potato fries require space to achieve a crispy finish.



Cook the Broccoli

- Place a pan over a high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry until starting to char, 2-3 mins.
- Stir in the **garlic**, lower the heat to medium and cook until fragrant, 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins. Remove from the pan and cover to keep warm.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Zest the **lemon**. Cut **half** into thick wedges and juice the rest.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pat the **hake** dry with kitchen paper. Season with **salt** and **pepper**.



Fry the Fish

- Return the pan to a medium-high heat with another drizzle of **oil**.
- Once hot, lay the **hake** fillets into the pan and fry until cooked through, 4-5 mins on each side.
IMPORTANT: Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.



Make the Sauce

- Place a pot over medium-high heat with 2 tbsp **butter** (double for 4p).
- When the **butter** has melted, stir in 1 tsp **flour** (double for 4p).
- Add the **stock, mustard** and 75ml **water** (double for 4p). Bring to the boil and allow to reduce, 2-3 mins.
- Remove from the heat. Mix in the **honey, lemon** zest and 1 tbsp **lemon** juice (double for 4p).
- Taste and season with **salt, pepper** and more **lemon** juice if desired. Gently reheat just before serving.



Dish Up

- Plate up your pan-fried **hake** fillets.
- Serve **broccoli** and **sweet potato** fries alongside.
- Drizzle over the **lemon mustard** sauce.
- Keep any remaining **lemon** wedges for squeezing over.

Enjoy!