

Hake and Carrot Mash

with baby spinach and almonds

Calorie Smart 35 – 40 mins • Eat me first • Equipment needed

11



Hake



Paprika



Baby Spinach



Carrot



Onion



Lemon



Almonds



Chicken Stock



Sweet Potato

Pantry Items: Salt, Pepper, Oil, 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

Blender, pan with lid, pot with lid

Ingredients

	2P	4P
Hake	250 g	500 g
Paprika	1 sachet	2 sachets
Baby Spinach	240 g	480 g
Carrot	2 units	4 units
Onion	1 unit	2 units
Lemon	1 unit	2 units
Almonds	15 g	30 g
Chicken Stock	1 sachet	2 sachets
Sweet Potato	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	648.5 g	100 g
Energy (kJ/kcal)	1773 kJ/ 424 kcal	273 kJ/ 65 kcal
Fat (g)	9.6 g	1.5 g
Sat. Fat (g)	1.1 g	0.2 g
Carbohydrate (g)	57.6 g	8.3 g
Sugars (g)	19.5 g	3 g
Protein (g)	33.2 g	5.1 g
Salt (g)	1.6 g	0.2 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

- Dilute the **stock** in 200ml boiling **water** (double for 4p).
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop into ½ cm chunks.
- Halve, peel and chop the **onion** into small pieces.
- Chop the **sweet potato** into 2cm chunks (no need to peel).
- Quarter the **lemon**.



Blend the Veg

- Once the **carrot** and **sweet potato** are cooked, remove the pot from the heat.
- Add a drizzle of **oil**, the **paprika** and a pinch of **salt** and **pepper**.
- Blend to a pureed texture.

TIP: Add a splash of water to achieve a smoother consistency.



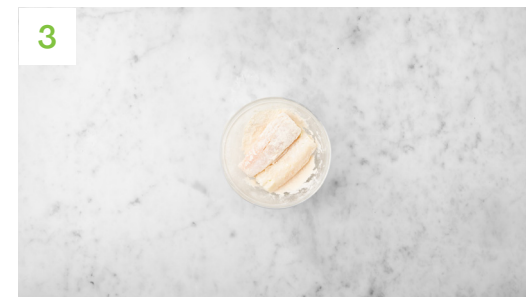
Toast the Almonds

- Place a large pan over medium heat (no oil).
- Dry-fry the **almonds** until toasted, 3-4 mins. Remove from the pan and set aside.
- Place a pot over medium-high heat with a drizzle of **oil**.
- Fry the **onion** until softened, stirring occasionally, 4-5 mins. Add the **carrot** and **sweet potato**. Season with **salt** and **pepper**.
- Pour in the **stock** and cook, covered, over medium heat until fork tender, 15-20 mins. Stir occasionally to prevent sticking.



Cook the Hake

- Return your pan to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **fish** on one side until golden, 2-3 mins. Turn and cook for 2-3 mins on the other side.
- Once cooked, transfer the **hake** from the pan and cover to keep warm. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Return the pan to medium-low heat (without oil).
- Add the **spinach** along with a splash of **water**. Season with **salt** and **pepper**. Cook until wilted, 2-3 mins.



Flour the Fish

- Meanwhile, add 2 tbsp **flour** (double for 4p) to a plate or bowl.
- Pat the **hake** dry with kitchen paper. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Dip the **hake** in the **flour** to coat evenly on all sides.
- Shake off excess **flour**, season with **salt** and **pepper** and set aside.



Finish and Serve

- Dish up the **carrot** puree, placing the **fish** and wilted **spinach** on top.
- Serve **lemon** wedges on the side for squeezing over.
- Garnish with toasted **almonds** and a final sprinkling of **pepper**.

Enjoy!