



Almond Crusted Hake

with roast potatoes and tomato salad

Calorie Smart 35 - 40 mins • Eat me first • Egg(s) not included

16



Hake



Baby Potatoes



Tomato



Parsley



Garlic



Almonds



Breadcrumbs



Salad Leaves



Mayo



Apple Cider Vinegar

Pantry Items: Oil, Salt, Pepper, Egg



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

Ingredients

| | 2P | 4P |
|---------------------|----------|-----------|
| Hake | 250 g | 500 g |
| Baby Potatoes | 500 g | 1000 g |
| Tomato | 2 units | 4 units |
| Parsley | 5 g | 10 g |
| Garlic | 2 units | 4 units |
| Almonds | 15 g | 30 g |
| Breadcrumbs | 1 pack | 1 pack |
| Salad Leaves | 40 g | 80 g |
| Mayo | 1 sachet | 2 sachets |
| Apple Cider Vinegar | 1 sachet | 2 sachets |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|------------------------|
| for uncooked ingredients | 515 g | 100 g |
| Energy (kJ/kcal) | 1920.5 kJ/ 459 kcal | 372.9 kJ/ 89.1 kcal |
| Fat (g) | 11.3 g | 2.2 g |
| Sat. Fat (g) | 1 g | 0.2 g |
| Carbohydrate (g) | 60.7 g | 11.8 g |
| Sugars (g) | 5.7 g | 1.1 g |
| Protein (g) | 31.3 g | 6.1 g |
| Salt (g) | 1 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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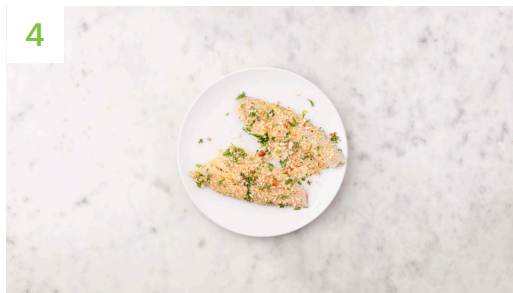
You can recycle me!



Cook the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks. Pop onto a large (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 the tray halfway through.

TIP: Use two baking trays if necessary.



Coat the Fish

- Crack 1 **egg** (double for 4p) into a deep plate and carefully mix with a fork.
- Dip the **fish** in the egg to coat evenly.
- Coat the **fish** in the **almond breadcrumb** mix. **IMPORTANT:** Wash hands and equipment after handling raw fish.



Get Prepped

- Meanwhile, cut the **tomato** into small pieces.
- In a salad bowl, mix together the **vinegar**, **mayo** and 1 tbsp of **oil**.
- Season with **salt** and **pepper**.
- Just before serving, toss the **salad leaves** and **tomato** through the dressing.



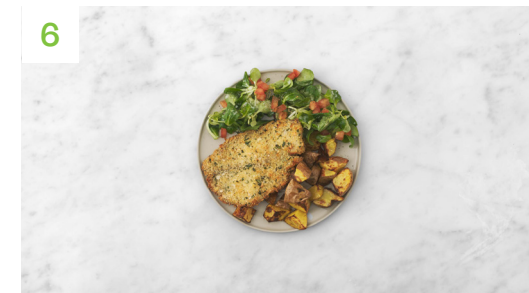
Bake the Fish

- Arrange the coated **fish** on a separate lined baking tray.
- Lightly **salt** the **fish** and drizzle over a little **oil**.
- Bake until the crumb is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



Create the Crust

- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Chop the **almonds**.
- Pop the **breadcrumbs** into a medium bowl along with the chopped **parsley**, **garlic** and **almonds**.
- Season with **salt** and stir everything together until you have an even mix.



Finish and Serve

- Serve the **almond crusted fish** with roast **potatoes** and salad alongside.

Enjoy!