

# Lemon and Parsley Hake

on a bed of bulgur, aubergine and courgette

Calorie Smart 40 – 45 mins • Eat me first • Spicy

20



Hake



Lemon



Parsley



Stock



Bulgur Wheat



Courgette



Aubergine



Garlic



Harissa Spice Mix



Tomato

Pantry Items: 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, pot with lid, zester

## Ingredients

	2P	4P
Hake	250 g	500 g
Lemon	½ unit	1 unit
Parsley	5 g	10 g
Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Courgette	1 unit	2 units
Aubergine	1 unit	2 units
Garlic	2 units	4 units
Harissa Spice Mix	1 sachet	2 sachets
Tomato	2 units	4 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	528 g	100 g
Energy (kJ/kcal)	1778.2 kJ/ 425 kcal	336.8 kJ/ 80.5 kcal
Fat (g)	5.3 g	1 g
Sat. Fat (g)	0.8 g	0.2 g
Carbohydrate (g)	66.9 g	12.7 g
Sugars (g)	9.5 g	1.8 g
Protein (g)	35.6 g	6.7 g
Salt (g)	2.1 g	0.4 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.

## Contact

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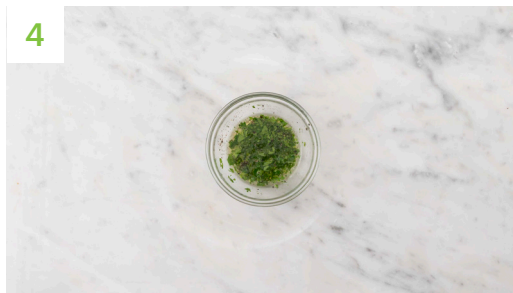


You can recycle me!



## Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and juice **half the lemon** (double for 4p).
- Roughly chop the **parsley** (stalks and all).
- Chop the **tomato** into 2cm chunks.



## Mix the Dressing

- While the **bulgur** boils, add 1½ tbsp **oil** and 1 tsp of **lemon juice** (double both for 4p) to a medium bowl.
- Stir through the chopped **parsley**.
- Season with **salt** and **pepper**.
- Mix well and set aside.

**TIP:** Add more lemon juice if you feel it needs it!



## Roast the Veg

- Trim the **aubergine** then cut into 2cm pieces.
- Trim the **courgette** then quarter lengthways. Cut each quarter widthways into thirds to make batons.
- Pop the **aubergine** and **courgette** onto a lined baking tray.
- Drizzle with **oil** and sprinkle with **harissa spice mix**, **salt** and **pepper**. Toss to coat and spread out in a single layer.
- When the oven is hot, roast on the top shelf until the veg is softened and golden, 20-25 mins. Turn the tray halfway through.



## Fry the Fish

- Place a pan over medium-high heat with a drizzle of **oil**.
- Pat the **fish** dry with kitchen paper. Season with **salt** and **pepper**.
- Once hot, lay the **hake fillets** into the pan and cook for 4-5 mins.
- Turn over and cook for a further 4-5 mins on the other side. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.



## Make the Bulgur

- Meanwhile, place a pot over medium heat with a drizzle of **oil**.
- Add the **garlic** and fry for 1 min.
- Pour in 240ml **water** (double for 4p) along with the **stock** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Finish and Serve

- When everything is ready, fluff up the **bulgur** with a fork.
- Stir through the **tomatoes**, **aubergine**, **courgette** and **lemon** zest.
- Taste then season with **salt**, **pepper** and more **lemon** juice if desired.
- Share the **bulgur** between your plates, then top with the **hake**.
- Finish with a generous drizzle of the **parsley** dressing.

Enjoy!