

Panko Crusted Prawns and Hake

with peas and salt and vinegar chips

Street Food 35 – 40 mins • Eat me first

17



Hake



Prawns



Potatoes



Apple Cider Vinegar



Breadcrumbs



Aioli



Peas



Carrot



Lemon

Pantry Items: Salt, Oil, Pepper, Butter



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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
Prawns	180 g	360 g
Potatoes	600 g	1200 g
Apple Cider Vinegar	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs
Aioli	2 sachets	4 sachets
Peas	120 g	240 g
Carrot	1 unit	2 units
Lemon	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	795 g	100 g
Energy (kJ/kcal)	3707 kJ/ 886 kcal	466.3 kJ/ 111.4 kcal
Fat (g)	36.8 g	4.6 g
Sat. Fat (g)	3.6 g	0.5 g
Carbohydrate (g)	93.3 g	11.7 g
Sugars (g)	13.8 g	1.7 g
Protein (g)	51.1 g	6.4 g
Salt (g)	2.6 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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Make the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (peeling optional).
- Pop the chips onto a large (lined) baking tray.
- Drizzle with **oil**, season well with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Make the Slaw

- Meanwhile, quarter the **lemon**.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Mix the **carrot** with **two-thirds** of the remaining **aioli** (reserve one-third for drizzling over later).
- Season to taste with **salt** and **pepper**.



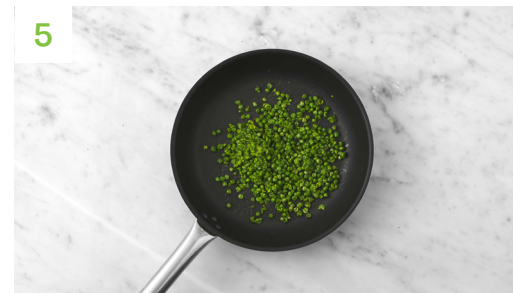
Crumb the Fish and Prawns

- In a bowl, mix the **breadcrumbs** with **salt** and **pepper**.
- Pat the **hake** and **prawns** with kitchen paper to remove excess moisture. Season with **salt** and **pepper**.
- In a medium bowl, toss both **hake** and **prawns** with **half the aioli**.
- Then, one by one, toss the **hake** and **prawns** through the **breadcrumbs**. **IMPORTANT:** Wash hands and equipment after handling raw fish.



Crisp up the Crumb

- Place the crumbed **hake** on a lined baking tray.
- Drizzle with **oil** and place on the middle shelf of the oven.
- Bake until the crumb is golden and the **fish** is cooked through, 18-20 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- When the **hake** has been cooking for 10 mins, add the **prawns** to the same tray and cook for the remaining time, 8-10 mins. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



Mash the Peas

- Place a pan over medium-high heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Once hot, add the **peas** and cook, stirring, until warmed through, 2-3 mins.
- Mash the **peas** with a fork and season to taste with **salt** and **pepper**.



Ready to Take Away

- Just before serving, toss the chips with **apple cider vinegar**, **salt** and **pepper** then divide between plates.
- Serve the crumbed **hake**, **prawns**, **peas**, **carrot** slaw and **lemon** wedges alongside.
- Drizzle the remaining **aioli** over the crispy **fish** and **prawns**.

Enjoy!