



Umami Honey Hake in Creamy Curry with mushrooms and jasmine rice

Calorie Smart 20 – 25 mins • Eat me first • Optional spice

11



Hake



Jasmine Rice



Mushrooms



Coconut Milk



Scallion



Miso Paste



Garlic, Ginger & Lemongrass Paste



Chilli



Honey



Onion

Pantry Items: Salt, Oil, Pepper, Water



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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

Pan with lid, pot with lid

Ingredients

	2P	4P
Hake	250 g	500 g
Jasmine Rice	150 g	300 g
Mushrooms	150 g	250 g
Coconut Milk	1 pack	2 packs
Scallion	1 unit	2 units
Miso Paste	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Chilli	1 unit	2 units
Honey	2 sachets	4 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	458 g	100 g
Energy (kJ/kcal)	2653 kJ/ 634 kcal	579 kJ/ 138 kcal
Fat (g)	21.5 g	4.7 g
Sat. Fat (g)	15.1 g	3.3 g
Carbohydrate (g)	79.2 g	17.3 g
Sugars (g)	13.7 g	3 g
Protein (g)	33.8 g	7.4 g
Salt (g)	1.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Fish

- Meanwhile, cut each **hake fillet** into four equal-sized pieces.
- Add the **fish**, **coconut milk** and 25ml **water** (double for 4p) to the pan.
- Cover and cook for 6-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Loosen the sauce with a splash of **water** if necessary.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, roughly chop the **mushrooms**.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Halve, peel and chop the **onion** into small pieces.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



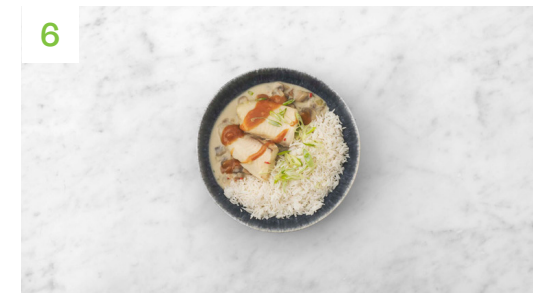
Finishing Touches

- While the **fish** cooks, trim and thinly slice the **scallion**.
- Add the **honey** and **miso** to a bowl and mix to combine.



Soften the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When the pan is hot, add the **onion** and **mushrooms**. Season with **salt** and **pepper**.
- Fry until browned, stirring occasionally, 5-6 mins.
- Add the **lemongrass paste** and **chilli** (use less if you don't like spice).
- Fry until fragrant, another 30 secs.



Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the fragrant **fish** curry.
- Drizzle the **honey miso** sauce over the bowls.
- Finish with a sprinkling of sliced **scallion**.

Enjoy!