



North Indian Baked Hake

with mash and roasted broccolini

20 – 25 mins • Eat me first

15



Hake



Potatoes



Scallion



Cranberry Chutney



North Indian Style Spice Mix



Broccolini

Pantry Items: Salt, Pepper, Oil, Water, Butter, Milk (Optional)



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, colander, pot with lid, potato masher

Ingredients

	2P	4P
Hake	250 g	500 g
Potatoes	600 g	1200 g
Scallion	2 units	4 units
Cranberry Chutney	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets
Broccolini	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	537 g	100 g
Energy (kJ/kcal)	1661 kJ/ 397 kcal	309.3 kJ/ 73.9 kcal
Fat (g)	3.5 g	0.7 g
Sat. Fat (g)	0.7 g	0.1 g
Carbohydrate (g)	63 g	11.7 g
Sugars (g)	7.9 g	1.5 g
Protein (g)	31.7 g	5.9 g
Salt (g)	0.7 g	0.1 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.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

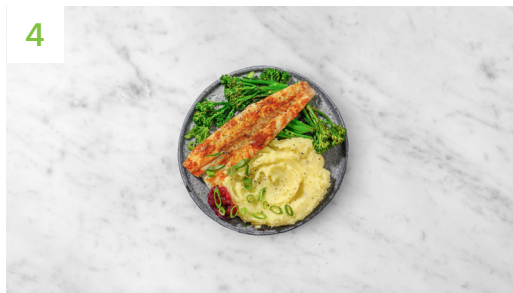


You can recycle me!



Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Pop into a pot. Cover with **water** and season with **salt**. Bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander (reserving a little cooking **water**) and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Finish and Serve

- Divide the mash between plates.
- Serve the baked **hake** and **broccolini** alongside.
- Scatter over the **scallion**.
- To finish, add a dollop of **cranberry chutney** alongside.

Enjoy!



Get Prepped

- Meanwhile, trim and thinly slice the **scallion**.
- Pop the **broccolini** onto a lined baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer (leaving room for the **hake**).
- Coat the **hake** with **North Indian spice, salt, pepper** and a drizzle of **oil**. Place next to the **broccolini**. **IMPORTANT:** Wash hands and equipment after handling raw fish.

TIP: Use two baking trays if necessary.



Bake the Hake

- When the oven is hot, bake the **fish** and **broccolini** until cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.