

Panko Crusted Prawns and Hake

with peas and salt and vinegar chips

35 – 40 mins • Eat me first

22



Prawns



Potatoes



Apple Cider Vinegar



Breadcrumbs



Aioli



Hake



Peas



Carrot



Lemon

Pantry Items: Butter, Salt, Oil, Pepper



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
Prawns	150 g	300 g
Potatoes	600 g	1200 g
Apple Cider Vinegar	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs
Aioli	2 sachets	4 sachets
Hake	250 g	500 g
Peas	120 g	240 g
Carrot	1 unit	2 units
Lemon	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	787 g	100 g
Energy (kJ/kcal)	3870.2 kJ/ 925 kcal	491.8 kJ/ 117.5 kcal
Fat (g)	42.5 g	5.4 g
Sat. Fat (g)	7.5 g	1 g
Carbohydrate (g)	93.4 g	11.9 g
Sugars (g)	13.8 g	1.8 g
Protein (g)	48 g	6.1 g
Salt (g)	2.6 g	0.3 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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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**.



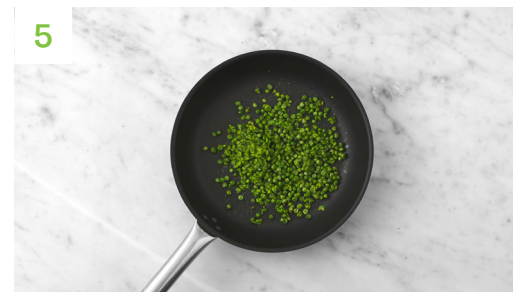
Crumb the Fish and Prawns

- 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.



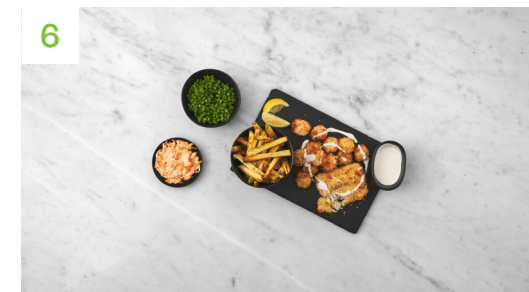
Crisp up the Crumb

- Place the crumbed **fish** 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 tray alongside it 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** (per 2P) 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!