



Crumbed Hake and Courgette Chips

with tender roasted butternut squash

Family 30-35 mins • Eat me first

4



Hake



Diced Butternut Squash



Courgette



Breadcrumbs



Mayo



Lemon



Dried Thyme



Onion

Pantry Items: Salt, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Baking Sheet with Baking Paper

Ingredients

	2P	4P
Hake	250 g	500 g
Diced Butternut Squash	1 unit	2 units
Courgette	1 unit	2 units
Breadcrumbs	1 pack	1 pack
Mayo	2 sachets	4 sachets
Lemon	1 unit	2 units
Dried Thyme	1 sachet	2 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	512.5 g	100 g
Energy (kJ/kcal)	1396 kJ/ 333.6 kcal	272.4 kJ/ 65.1 kcal
Fat (g)	11.1 g	2.2 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	32.9 g	6.4 g
Sugars (g)	11.8 g	2.3 g
Protein (g)	28.5 g	5.6 g
Salt (g)	0.5 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

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Roast the Butternut Squash

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve and peel the **onion**, then cut each half into 3 wedges.
- Pop the **butternut squash** and **onion** onto a large (lined) baking tray.
- Drizzle with **oil** and half the **thyme**. Season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until soft and golden, 25-30 mins. Turn halfway through.



Bake the Hake

- When the **butternut squash** has 15 mins to go, pop the **hake** on the top shelf of the oven and bake for 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- To make the crumb more golden, turn your oven to the grill setting for the last 3-5 mins.



Make the Lemon Crumb

- Meanwhile, zest and halve the **lemon**.
- In a medium bowl mix together the **lemon** zest, **breadcrumbs**, remaining **thyme** and 1 tbs **oil** (double for 4p).
- Season with **salt** and **pepper**.



Make the Courgette Chips

- Place a medium pan over high heat (no oil).
- Trim the **courgette**, chop lengthways into 1cm slices, then chop into 1cm wide chips.
- When hot, add the **courgette** and cook until charred, 6-8 mins.
- Turn only every few minutes—this will allow the **courgette** to pick up a nice colour.
- Once cooked, season with **salt**, **pepper** and a squeeze of **lemon** juice.



Coat the Hake

- Lay the **hake** onto a lined baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Spread the **mayo** over the top of the **fish**.
- Spoon on the **breadcrumb** mixture, pressing it down with the back of the spoon.
- Drizzle with **oil** and set aside.



Finish and Serve

- Divide the charred **courgette** chips and roast **butternut squash** between plates.
- Serve the golden **hake** alongside.
- Finish with a squeeze of **lemon** juice.

Enjoy!