



Hake in Tarragon Sauce

with Crushed New Potatoes and Green Beans

Classic 35 Minutes

4



Salad Potatoes



Green Beans



Tarragon



Vegetable Stock Powder



Hake Fillet



Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Large Saucepans, some Kitchen Paper, a Frying Pan, some Foil, a Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Green Beans**	1 small pack	1 large pack	2 small packs
Tarragon**	¼ bunch	½ bunch	½ bunch
Vegetable Stock Powder (10)	1 sachet	1 sachet	2 sachets
Hake Fillet (4)**	2	3	4
Soured Cream (7)**	75g	100g	150g
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	992 /237	253 /60
Fat (g)	8	2
Sat. Fat (g)	4	1
Carbohydrate (g)	35	9
Sugars (g)	6	2
Protein (g)	6	2
Salt (g)	0.76	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1 Prep the Potatoes

Preheat your oven to 220°C. Chop the **potatoes** into 2cm chunks (no need to peel!). Pop the chunks on a low sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Bring a saucepan of **water** to the boil.



2 Cook the Potatoes

Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. When the **potatoes** have 10 mins left, smash them with the back of a fork, turn them over in the **oil** and roast for the remaining time. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



3 Get Prepped

Meanwhile, trim the **green beans** then chop in half. Pick the **tarragon** leaves from their stalks and roughly chop (discard the stalks). Fill and boil your kettle, then pour the boiling **water** (see ingredients for amount) into a measuring jug with the **vegetable stock powder**.



4 Pan-Fry the Fish

When you've just crushed the **potatoes** and put them back in the oven, pat the **hake** dry with kitchen paper and season with **salt** and **pepper**. Heat a splash of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the **fish**. Fry for 3-4 mins. Then, carefully turn and cook for 2-3 mins more. **IMPORTANT:** The fish is cooked when the centre is opaque. Remove it from the pan, set aside and cover with foil to keep warm. Keep the pan - we'll use it again! Meanwhile, pop the **green beans** in the pan of boiling **water**. Cook for 4 mins, then drain in a colander.



5 Make the Sauce

Once the **hake** is out of your frying pan, add the **stock** to your pan on medium-high heat. Boil until it has reduced by a third, 2-3 mins. Remove from the heat, then add the **soured cream** and **tarragon**. Give it a good stir and heat until piping hot. Season to taste with **salt** and **pepper** if needed.



6 Finish and Serve

Divide the **roasted crushed salad potatoes** and **green beans** between your plates. Season with **salt** and **pepper**. Serve alongside the **hake** and finish with a generous amount of **tarragon sauce**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.