



HONEY AND SUMAC WHITING

with Warm Mediterranean Rice and Chickpea Salad



HELLO WHITING

Whiting is from the same family as Cod. It is sustainably fished off the southwest coast of the UK.



Red Onion



Carrot



Dill



Chickpeas



Ground Cumin



Smoked Paprika



Steamed Brown Rice and Quinoa



Premium Tomato Mix



Red Wine Vinegar



Whiting Fillets



Sumac



Honey

Whiting is a delicious white fish that is a member of the Cod family. Mild in flavour and often overlooked, Chef Andre has jazzed this fish up by pairing it with punchy Middle Eastern spices and honey. Served with a nutty chickpea salad and lots of dill, this dish makes a super tasty, dinner for any night of the week.

20 mins

1.5 of your 5 a day

Rapid recipe

GET **PREPARED!**

Preheat your grill to **High**.

MEAL BAG

20

BEFORE YOU START

- 🔥 **Preheat** your grill to **High**.
- 🧼 **Wash** the veggies.
- 👤 **Make sure** you've got a **Coarse Grater**, **Sieve**, **Saucepan** (with a **Lid**) and a **Baking Tray**. Let's start cooking the **Honey and Sumac Whiting with Warm Mediterranean Chickpea Salad**.



1 PREP TIME

- Halve, peel and thinly slice the **red onion**.
- Trim the **carrot** and coarsely grate.
- Roughly chop the **dill** (stalks and all).
- Drain and rinse the **chickpeas** in a sieve.



4 CHOP THE TOMS

- Halve the **tomatoes** and pop into a bowl.
- Stir in the **red wine vinegar**, a good glug of **olive oil** and a sprinkle of **salt**. Keep to one side.



2 START THE RICE SALAD

- Heat a splash of **oil** in a saucepan over medium high heat.
- When hot, add the **red onion**. Stir and cook until soft, 3-4 mins.
- Add the **chickpeas**, **cumin** and **smoked paprika**. Stir and cook until fragrant, 1 minute.



5 GRILL THE FISH

- Line a baking tray with foil. Drizzle on a splash of **oil**. Lay the **whiting fillets** on the baking tray. **! IMPORTANT:** Wash your hands after handling raw fish.
- Season with **salt** and **pepper**. Grill for 5-7 mins. **! IMPORTANT:** The fish is cooked when **opaque in the centre**.



3 ADD THE RICE

- Stir in the **carrot** and cooked **rice**. Break it up with your spoon.
- Lower the heat and cook, stirring frequently until the **rice** is piping hot, 2-3 mins.
- Cover the pan with a lid and remove from the heat.



6 FINISH AND SERVE

- Mix the **tomatoes** and any **juices** they have released through the **rice**.
- Stir through **half** the **dill** and **half** the **sumac**, then season to taste with **salt** and **pepper**.
- Share the **rice** between your plates. Finish the **whiting** by squeezing on the **honey** and sprinkling with the remaining **sumac**. Carefully sit the **fish** on top of your **rice** and finish with the remaining **dill**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Carrot *	1	1	2
Dill *	1 bunch	1 bunch	1 bunch
Chickpeas	1 carton	1½ cartons	2 cartons
Ground Cumin	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Steamed Brown Rice and Quinoa	1 pack	1½ packs	2 packs
Premium Tomato Mix	1	2	2
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Whiting Fillets 4) *	4	6	8
Sumac	1 small pot	¾ large pot	1 large pot
Honey	1 sachet	2 sachets	2 sachets

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 536G	PER 100G
Energy (kJ/kcal)	1826 / 437	341 / 82
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	11
Sugars (g)	17	3
Protein (g)	29	6
Salt (g)	1.07	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 14) Sulphites

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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