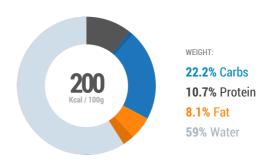
# Pan Fried Hake with Saffron & Pea Risotto

approved

Overview ...





Food Labelling...

Serves 1

CONTAINS:

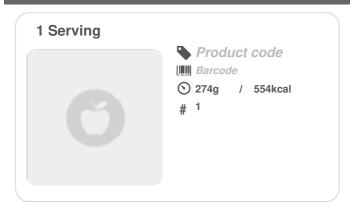
MILK FISH

MAY CONTAIN:

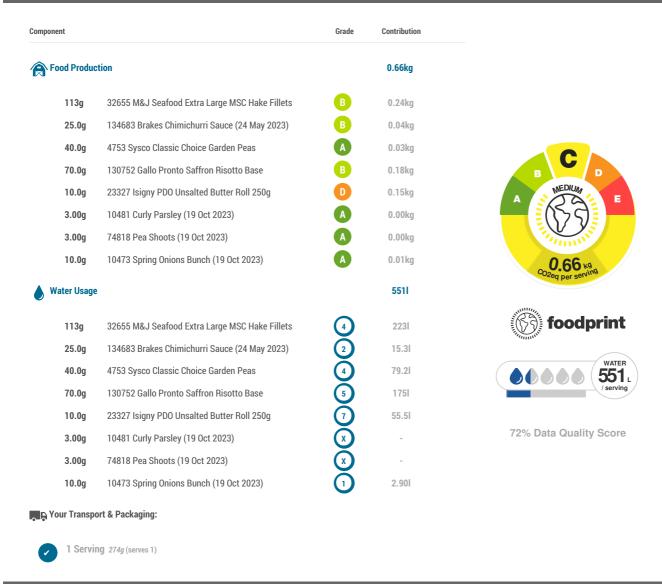
OATS, WHEAT, CELERY MUSTARD SOYA
BARLEY, RYE

Recipe Ingredients	Quantity:	Description:
32655 M&J Seafood Extra Large MSC Hake Fillets BRAKES	113g	0.5x Each
134683 Brakes Chimichurri Sauce (24 May 2023)	25g	
4753 - 4753 Sysco Classic Choice Garden Peas BRAKES	40g	Each
130752 - 130752 Gallo Pronto Saffron Risotto Base BRAKES	70g	Each
23327 Isigny PDO Unsalted Butter Roll 250g	10g	
10481 Curly Parsley (19 Oct 2023)	3g	
74818 Pea Shoots (19 Oct 2023)	3g	
10473 Spring Onions Bunch (19 Oct 2023)	10g	

## Products / Pack Sizes ...



#### Sustainability & Foodprint...



### Cooking Instructions & Notes

#### Prep:

- Defrost the hake dry on kitchen paper
- Defrost the peas
- Slice the spring onions
- Chop the parsley

## **Method:**

- 1. Add a little oil to a pan, place on a moderately high heat, when hot add the hake
- 2. Colour on one side and place in an oven at 180°C for approx 5 mins
- 3. Meanwhile cook the risotto as per pack instructions
- 4. When it's nearly cooked add the peas, chopped parsley and finish with a knob of butter
- 5. Spoon the risotto into a bowl, top with the hake and finish with the chimichurri, spring onions and pea shoots