



## Pan Fried Hake Korma with Freekeh & Tenderstem Broccoli

Get your freekeh on with this dish! Freekeh is one of the best grains around for nutrition and taste. It has twice the protein as quinoa and is also a slower releasing carbohydrate, so you stay fuller for longer. Win win!

### Nutritional Info

Calories: 590 kcal  
Carbohydrates: 63.2 g  
Protein: 41.6 g  
Fat: 20.1 g

### Ingredients

- Hake Fillet
- Fresh Coriander
- Olive Oil
- Ginger
- Lemon
- Salt
- Red Chilli
- Freekeh
- Butter
- Onion
- Korma Paste
- Coconut Milk
- Tenderstem Broccoli
- Coconut Milk

### Allergens


Fish (Hake)  
Wheat (Freekeh)  
Milk (Korma Paste)  
Mustard (Korma Paste)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Cook the Freekeh**

To prepare the freekeh, you'll want a little bit more than a 2:1 ratio of salted water to freekeh in a pot. Simmer the freekeh, covered, for 15-20 minutes. When the liquid is absorbed and the grains are soft, they're ready to be used.

### 2) **Prepare the Aromatics**

Crush the ginger and finely chop the chilli and onion. Place them in a pot with some olive oil and cook for 2 minutes.

### 3) **Add the Curry Paste**

Add the korma paste to the aromatics and cook for 1 minute. Then add the coconut milk and bring to a simmer.

### 4) **Combine the Freekeh to the Korma**

Once the Freekeh is cooked, add it into the korma with some chopped coriander, squeezed lemon juice and salt to taste.

### 5) **Cook the Fish**

In a little pan, mix the olive oil and butter, pan-fry the hake and the broccoli at the same time. Frying the fish for 3 minutes on one side and 1 minute on the other side.

### 6) **Plate the dish**

Serve the freekeh korma on a plate with the hake on top and the tenderstem broccoli to the side.



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