

This whole Hake should have been £17.01 which we simply could not justify. But at £6.81 with a yellow sticker - When we got 4 servings out of it, it was a reasonably priced treat. But not the easiest or prettiest Fish the fillet?..

Ingredients:-

2 Hake fillets, pin boned. Skin on or off as you choose
2 Red Onions, sliced
3 Cloves of Garlic, minced
1 Tsp of Paprika
100g of Chorizo, cubed
6 Green Olives, halved
150ml of White Wine
400Ml of Fish Stock
10 Cherry Tomatoes
300g of New Potatoes, halved
Oil to fry
Salt & Pepper to season

Method:-

(1) Heat Oil in a Dutch Oven / Flame proof dish and add the Onions.
(2) Fry over a medium heat until softened.
(3) Add the Garlic and fry for a further minute.
(4) Add the Paprika and Chorizo and fry for a few more minutes.

(5) Add the Potatoes and stir until coated.
(6) Add the Wine, Stock and Salt & Pepper it season.
(7) Simmer for 10 minutes, or until the Potatoes are tender.
(8) Add the Olives and Tomatoes.
(9) Season the Hake with Salt & Pepper and lay over the vegetables.
(10) Cover and steam for 10 minutes, until the Fish is cooked through.

To be honest all you need is a sprinkle of Parsley for colour and this is good to go.