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by Liz Robb

Hake in Chilli Lime Sauce with Stir Fried Greens



Ingredients

A small red chilli
A small piece of fresh ginger
2-3 spring onions
1 lime
2 hake fillets
Salt and freshly milled black pepper
1 tablespoon of sunflower oil
60g butter
2-3 tablespoons of sweet chilli sauce
Fresh coriander
Black pepper
For the vegetables:
150g tenderstem broccoli
50g mange tout
1 clove of garlic
A small piece of fresh ginger
Salt
1 tablespoon of sunflower oil
1 teaspoon of sesame seeds

Servings

2

Person

Preparation

- 1 First prepare the sauce ingredients. Deseed the chilli, peel the ginger and chop both finely. Chop the spring onions finely too. Squeeze the juice from the lime.
- 2 Season the hake well with salt and pepper then place, skin down, into the heated oil in a small frying pan. Cook for 4-5 minutes, until the skin is browned, then carefully turn over and cook the other side for a similar amount of time, until the fish is translucent and will flake easily.

- 3 Meanwhile, make the sauce. Cut the butter into small pieces and add to the chilli, ginger [about a teaspoonful], sweet chilli sauce and 30 ml of cold water in a small saucepan. Heat together until boiling. Pour in half of the lime juice, add the spring onions and simmer gently for 2-3 minutes. Taste and add more lime juice or sweet chilli sauce if you need to
- 4 adjust it to your taste.
- 5 Pour over the two pieces of hake and garnish with chopped coriander and black pepper.
- 6 Trim the broccoli and cut into equal sized pieces. [You can use any green vegetables, asparagus is good if you have it.]
- 7 Peel the garlic and ginger and chop both very finely.
- 8 Steam the vegetables for 2 minutes.
- 9 Heat the oil in a wok, add the garlic and ginger and stir for 30 seconds, then toss in the steamed vegetables, sesame seeds and a little salt and quickly stir fry, for just a minute. Serve immediately with the fish.

Cooks Note

Served with healthy stir fried green vegetables, this Asian style hake dish with gentle chilli heat makes a delicious light supper. If you need something more substantial, accompany the fish with a portion of jasmine rice.

Serves 2.
