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# 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.