

LIME POACHED HAKE

ingredients:

1 tablespoon olive oil

5 spring onions, chopped

1 hake portion per person

fish rub for seasoning

1 cup vegetable stock, warmed

2 kaffir lime leaves

1 lime, sliced

Small handful of fresh coriander, chopped, for garnishing

method:

heat the olive oil in a frying pan and sauté the onions until soft

season the hake and place into the pan skin side down

after 2 minutes add the vegetable stock and lime leaves

after 4 minutes turn the fish and add the lime

serve with lime infused basmati rice and the coriander

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