

## QUINOA COATED HAKE GOUJONS

### ingredients:

¼ cup flour

salt and freshly ground black pepper for seasoning

1 egg, beaten

¼ cup quinoa

½ teaspoon coriander seeds

½ teaspoon salt

1 hake fillet, sliced into goujons

15g butter

1 tablespoon olive oil

### method:

season the flour

grind the quinoa together with the coriander seeds and the ½ teaspoon salt

pat dry your fish

set up a breading station and place the fish first into the flour, then into the egg and finally into the quinoa

heat the butter and the oil in a large frying pan

cook the fish one minute per side, skin side down first

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