

# MY BABA

THE DAILY SCOOP ON FAMILY, FOOD & LIFESTYLE

## Hake with Romesco Crust

Preparation Time 20 Minutes

Cooking Time 2 Hours

### Ingredients For the Dish

- 1 x 290g jar roasted red peppers, drained and quartered
- 1 tbsp fresh rosemary leaves, chopped
- 2 cloves of garlic, thinly sliced
- 3 tbsp olive oil
- 50g skinned, salted almonds
- 50g dry white breadcrumbs
- 2 medium courgettes
- 4 x 150g hake portions, skin on
- salt and freshly ground black pepper
- Method



Preheat the oven to 100°C, lay the peppers on a baking sheet and sprinkle with the rosemary, garlic, 1 tablespoon of olive oil and some seasoning. Place in the oven and bake for 2 hours to dry out the peppers. Remove from the oven and allow to cool. Once cool, place the peppers in a food processor with the almonds and breadcrumbs and blend until they have a sandy texture.

Increase the oven temperature to 180°C



Slice the courgettes into discs 5mm thick. Heat 1 tablespoon of olive oil in a non-stick frying pan, add the courgettes and season. Cook for 2-3 minutes on each side or until golden. Remove from the pan and set aside.

Heat the remaining 1 tablespoon of olive oil in the frying pan over a high heat. Add the hake portions, skin-side down, and cook for 2 minutes, or until the skin is golden brown.

Transfer to a baking sheet, skin-side up, and sprinkle the prepared topping over the fish. Bake in the oven for 5-7 minutes, or until the flesh offers no resistance when you pierce it with the tip of a knife.

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