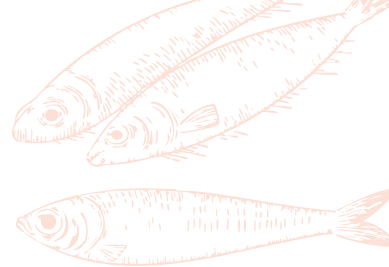


CREAMY CAJUN HAKE

Serves 4



INGREDIENTS:

- ☐ 4 – 8 Hake fillets, depending on size
- ☐ 2 tbsp Fish spice
- ☐ Black pepper to taste
- ☐ 2 tbsp Butter
- ☐ 1 tbsp Garlic, crushed
- ☐ 5 Sprigs of fresh thyme
- ☐ 1 tsp Smoked paprika
- ☐ 1 tsp Cajun spice
- ☐ 2 cups Fresh cream
- ☐ 1 tbsp Lemon juice

METHOD:

01. Pat dry the defrosted hake fillets with kitchen towel to remove excess water from the fish and season both sides with half of the fish spice and black pepper.
02. In a pan, melt butter and place the fish skin side down, allow to cook on medium heat for 2 minutes, and then flip it over to cook and brown the flesh side for another 3 minutes.
03. Remove the fillets from the pan and in the same pan add garlic, thyme, paprika, Cajun spice, and the remaining fish spice. Sauté for 1 minute being careful not to burn the garlic, add more butter if needed.
04. When the spices are fragrant add the cream, bring to a gentle simmer, and add the cooked fish to the pan, allowing it to cook in the sauce for 2-3 minutes on medium heat. Finish the dish off with a squeeze of lemon and season to taste. Serve with buttery mashed potatoes and greens.