



Baked Hake with Chorizo and Roasted Vegetables



Serves 2

Ingredients

- 2 thick hake steaks
- 100g chorizo, sliced
- 200g new potatoes, washed and halved (you can leave the skin on)
- 1 fennel bulb, roughly chopped
- 1 large red onion, peeled and roughly chopped
- 2 tbsp fresh tarragon leaves, torn
- salt and black pepper, to taste
- 3 tbsp cold-pressed rapeseed oil or extra virgin olive oil
- 2 tbsp dry white wine

For the gremolata garnish

- 2 tbsp flat-leaf parsley, finely chopped
- zest of 1 lemon
- 1 clove garlic, minced
- salt and black pepper, to taste

Method

Preheat your oven to 200°C / 400°F / Gas 6 and place a large roasting tin inside to heat up.

In a large mixing bowl, combine the sliced chorizo, halved new potatoes, chopped fennel bulb, and red onions. Sprinkle torn tarragon leaves over the vegetables and season generously with salt and black pepper. Drizzle the oil over the mixture and toss until all the ingredients are well coated.

Carefully remove the hot roasting tin from the oven and add the prepared vegetables. They should start sizzling immediately. Place the tin back in the oven and roast the vegetables, turning them occasionally, until they are cooked through and begin to develop golden edges. This should take approximately 20-25 minutes.

While the vegetables are roasting, prepare your gremolata garnish. In a small bowl, combine finely chopped flat-leaf parsley, lemon zest, minced garlic, and season with salt and black pepper. Set the gremolata aside.

Once the vegetables have finished roasting, remove the tin from the oven. Drizzle the white wine over the vegetables and then place the hake steaks on top. Spoon some of the vegetable juices over the fish.

Return the tin to the oven and bake for an additional 10-15 minutes or until the hake is cooked through and flakes easily with a fork.

To serve, arrange the baked hake steaks on plates alongside the roasted vegetables. Sprinkle the gremolata garnish liberally over the fish and vegetables.