

Spiced Hake, Tricolor

INGREDIENTS FOR 1 PERSON

- 200g hake fillets.
- 7 cherry tomatoes.
- 1 clove of garlic.
- 3 teaspoons of oil.
- 1 tablespoon of lemon juice.
- Some capers.
- 1 sprig of parsley and chopped thyme.
- Salt and pepper to taste.

PREPARATION AND COOKING TIME 25 MINUTES

PROCEDURE

- Sauté the garlic in a pan with 1 teaspoon of oil and a splash of water for about 5 minutes.
- Add the hake fillets and brown them on both sides for another 5 minutes.
- Add lemon juice, cherry tomatoes cut into wedges, capers, pepper, and salt (be cautious with salt if using capers) and cook over medium heat for about 10 minutes.
- Serve the fillets sprinkled with parsley and thyme.
- Add the remaining 2 teaspoons of oil just before serving.