

SeaFood Charlie Recipe

Oven-Baked Hake in Spicy Breadcrumbs

Recipe

Extra Virgin Olive Oil: 2 tbsp

Salt: to taste

Black Pepper: 0.5 tsp

Hake: 200 g

Breadcrumbs: 30 g

Paprika: 1 tsp

Oregano: 1 tsp

Cayenne Pepper: 0.5 tsp

Garlic Powder: 1 tsp

Chilli Flakes: 1 tsp

Thyme: 1 tsp

Fennel Seeds (optional): 0.5 tsp

Step 1

Drizzle a roasting tin with 1 tbsp of extra virgin olive oil and add salt and black pepper. Lay the fresh hake fillets on the prepared tray and rub them with the seasoning on both sides. Then, arrange them so that the skin-side is facing down.

STEP 2

In a bowl, combine the breadcrumbs with paprika, oregano, cayenne pepper, garlic powder, chillies, and thyme. Also, add the fennel seeds if you're using them. Keep in mind that this seasoning will be quite spicy. So, if you prefer a more toned-down level of spiciness, halve the amount of cayenne pepper and chilli flakes. Give the coating ingredients a good stir to distribute the spices evenly. Then, pour in the remaining 1 tbsp of olive oil and mix well.

STEP 3

Now, coat the prepared hake fillets with the breadcrumb mixture smearing it with the back of a spoon or a spatula (1). Cover the fish completely and pat the breading with your fingertips to ensure it sticks to the hake's top. Bake the breaded fish in the pre-heated oven set to grill mode at 190°C (374°F) for 15 minutes. When the fish is cooked through but still tender and the breadcrumbs are golden brown, remove the tin from the oven (2) Drizzle with lemon juice and garnish with fresh chopped parsley.