

Hake and Broccoli Bake RECIPE

Hake and Broccoli Bake



Cooking time 40 mins Preparation time 10 mins Serves

6

Delicate hake and broccoli smothered in Royco® Pasta Sauce and topped with a layer of breadcrumbs and herbs for a crunchy crust. Share

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Ingredients

- 6 x 180g portions hake
- 300g broccoli florets
- 2 packets Royco® Cheese, Ham and Mushroom Pasta Sauce
- 400ml fresh bread crumbs
- 40ml fresh herbs such as parsley, basil, thyme, dill etc, chopped (or 15ml dried mixed herbs)
- 65ml melt butter

Products used



Cheese, Ham & Mushroom Pasta Sauce

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Four Cheese Pasta Sauce

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Vegetarian

Remove the hake from this recipe and replace with par-cooked potato or cauliflower. The Royco® sauce can be switched with Royco® Four Cheese Dry Pasta Sauce.

Family Friendly

If you haven't yet introduced your children to fish as a protein, this is a great dish to make for that first try. It's cheesy, crunchy and filled with familiar flavours that they love.

Method

1. 1.

Preheat oven 180°C

2. 2.

Blanch broccoli florets in water for 2 minutes, refresh in cold water.

3. 3

Place fish portions and broccoli in an oven proof dish.

4 4

Add 600ml boiling water to the contents of the 2 packets Royco® Cheese, Ham and Mushroom Pasta Sauce, stir for 1 minute, then pour over the fish.

5. 5.

Mix bread crumbs, herbs and butter together. Sprinkle over fish.

6. 6.

Bake for 30-40 min until fish is cooked and crumbs are crisp.

7. •

Any firm white fish can be used instead of hake eg yellowtail, kingklip etc.

Recipe Tags

Pasta Sauces, Fish, Meat and Veg

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Cooking time

30 mins

Preparation time

15 mins

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Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins

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15 mins

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Cooking time

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Preparation time

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Cooking time

90 mins

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30 mins

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