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.

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

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. Preheat oven 180°C
2. Blanch broccoli florets in water for 2 minutes, refresh in cold water.
3. Place fish portions and broccoli in an oven proof dish.
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. Mix bread crumbs, herbs and butter together. Sprinkle over fish.
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

Related Recipes

Mushroom Pork Bangers & Creamy Mash

Cooking time

30 mins

Preparation time

15 mins

Meatballs in Tomato Sauce

Cooking time

40 mins

Preparation time

15 mins

Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins

Beef Olives With Roasted Garlic And Caper Mash

Cooking time

120 mins

Preparation time

50 mins

Creamy Spinach Stuffed Salmon

Cooking time

50 mins

Preparation time

20 mins

Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Chicken Pot Pies

Cooking time

40 mins

Preparation time

15 mins

Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins

Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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