



Roasted Garlic Hake Bake
RECIPE

Roasted Garlic Hake Bake



Cooking time
15 mins
Preparation time
10 mins
Serves

Fresh hake fillets baked with tomato, chorizo and Royco Roasted Garlic Sauce. An all-in-one vibrant and light meal for your next family feast.

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Ingredients

- 30ml olive oil
- 1 onion, thinly sliced
- 5 sprigs thyme
- 1 Tbsp Dijon mustard
- 2 Tbsp Lemon juice
- 1 x Royco Roasted Garlic Sauce
- 250ml water
- Salt
- Pepper
- 1 cup flour
- 8 x 50-60g or 4 x 100-120g portions hake
- 125ml oil

Products used



Roasted Garlic Dry Sauce

[View Product](#)

Method

1. Heat a pan over a medium heat. Add the olive oil, onion and thyme. Fry for 5 minutes.
2. Add the mustard, lemon juice and Royco Roasted Garlic Sauce and water. Allow to simmer for 2 minutes, season with salt and pepper to taste. Remove from the heat and put aside.
3. Put the flour into a bowl and season it generously with salt and pepper.
4. Toss the hake pieces in the flour then dust the excess off.
5. Heat the oil in a non-stick pan. Fry the hake until golden and cooked through.
6. Spoon the hot onion and garlic sauce over the base of a platter, top with the golden hake pieces.

7. 7.

Serve with steamed green beans and roasted tomatoes.

Recipe Tags

[Fish](#)

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