



## Oven-roasted hake fillets with fresh herbs and zesty lemon

### INGREDIENTS

3tbsp	Olive oil
⅓ cup	Parsley, finely chopped
1tsp	Garlic, crushes
3tbsp	Olive oil, plus a little extra for drizzling
2 x 500 g	Hake fillets
1 x 500 g	Sweet potato
1	Crunchita salad
	Fresh oregano, for scattering

### INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Slash the skin and rub with olive oil. Stuff the slits with the garlic, most of the parsley and a slice of lemon, then drizzle over a little more oil if necessary.
3. Roast for 15 to 20 minutes, or until firm but still moist.
4. In a small saucepan over a medium heat, drizzle the olive oil over the roasted hake and sprinkle parsley. Sprinkle with oregano to finish.
5. Serve with roasted sweet potato and a fresh garden salad.

**SERVINGS:** 6

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 25 minutes





# Tandoori prawn skewers with radish and cucumber salsa

## INGREDIENTS

### For the tandoori basting sauce:

- 1 Lime, juiced
- 4 Cloves of garlic, grated
- 2tbsp Garam masala
- 3tbsp Yellow curry paste
- 4tbsp Olive oil
- 1x3 cm Piece of fresh ginger, peeled and grated
- Pinch Sea salt and freshly ground black pepper, to taste

### For the prawns:

- 500g Extra-large black tiger prawns
- 2 Limes, cut into wedges

### For the radish and cucumber salsa, mix

- 5 Radishes, grated
- 5 Baby cucumbers, grated
- ½ cup Plain fat-free yoghurt
- 1 Lime, zested and juiced
- Pinch Salt, to taste

## INSTRUCTIONS

1. Preheat the oven to 180°C.
2. To make the basting sauce, combine all the ingredients and mix until well incorporated.
3. Thread the prawns on large skewers and lay on a large baking tray.
4. Cover the prawns in the sauce and bake for 10 to 15 minutes, then grill for a further 5 minutes.
5. Serve the prawns with the salsa, lime wedges, and a fresh green salad.

**SERVINGS:** 4

**PREPARATION TIME:** 15 minutes

**COOKING TIME:** 20 minutes





## Asian fish cakes with chilli mayonnaise

### INGREDIENTS

500 g	Fillet of hake
1	Chopped chilli
2	Cloves garlic, crushed
1 x 5 cm piece	Ginger, grated
½ cup	Coriander
2tbsp	Hot oil
3	Red chillies
2tbsp	Olive oil
	Reduced oil tangy mayonnaise

### INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Skin and debone a fillet of hake, then chop the fish and place in a blender along with chopped chilli, crushed garlic, grated ginger, coriander and seasoning. Pulse until combined but still chunky.
3. Remove from the blender and shape into round fish cakes.
4. Pan-fry in hot oil until golden (about 2 minutes on each side) and then finish in the oven for 5 to 7 minutes until cooked through.
5. Blend red chillies with olive oil, fold through reduced oil mayonnaise, and serve with the fish cakes and a rainbow slaw.

**SERVINGS:** 4

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 5 to 7 minutes





## Sardine pasta

### INGREDIENTS

2 tbsp	Olive oil
4 cloves	Garlic
1	Red chilli, finely chopped
1tbsp	Tomato paste
1 x 410g	Canned peeled and diced tomatoes
200g	Rosa tomatoes, halved
2 x 106g cans	Sardines, drained
Pinch	Sea salt and freshly ground black pepper, to taste
500g	Wholewheat linguine, cooked al dente
2tbsp	capers (optional)

### INSTRUCTIONS

- 1.Heat the olive oil in a pan over medium heat.
- 2.Fry the garlic and chilli for 30 seconds. Add the tomato paste and canned tomatoes. Simmer for 5 minutes.
- 3.Add the rosa tomatoes and cook for 5 minutes.
- 4.Carefully stir through the sardines. Season with salt.
- 5.Serve over the pasta. If using capers, sprinkle with black pepper.

**SERVINGS:** 4

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 5 to 7 minutes