



**Molloy's**  
**Fish Market**  
— Est 1968 —

# Baked Hake with Herb Dressing

SERVES 4

## INGREDIENTS

- 4 Hake fillets, approx 175g each, skinned and boned
- 1kg potatoes, thinly sliced
- 1 red onion thinly sliced
- 3 tablesp. olive oil
- A little salt and freshly ground black pepper
- 8 cherry tomatoes, halved



## HERB DRESSING

- 2 garlic cloves, finely chopped
- 1 lemon
- Bunch of fresh parsley, finely chopped (about 40g)
- 1 red chilli, sliced (deseeded if you wish)

## HOW TO:

- Preheat the oven to Gas Mark 6, 200°C (400°F)
- Spread the potatoes and onion over the base of a large roasting tin
- Drizzle with 1 tablespoon oil, season then toss to coat. Cook in the preheated oven for 15 minutes. Add in the tomatoes and cook for another 10 minutes
- Reduce the oven to Gas Mark 4, 180°C (350°F). Season the hake fillets and add them to the roasting tin
- Grate the rind off the lemon and reserve for the dressing. Then cut 4 thin slices off the lemon and place a slice on top of each fillet. Keep the juice from the rest of the lemon for the dressing
- Scatter the sliced chilli over the fish
- Return to the oven and cook for 10-12 minutes until the fish flakes easily with a fork
- Herb Dressing: Meanwhile mix the garlic, lemon rind and juice, parsley and remaining 2 tablespoons of olive oil in a food processor to make the herb dressing. Taste and season. Remove the roasting tin from the oven, top with the herb dressing and serve

