

# RECIPE

## TOMATO SAUCE BAKED HAKE WITH BARLEY & VEG



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# INGREDIENTS:

- 1 small clove of garlic, crushed
- 1 tablespoon (15 ml) canola or avocado oil
- 400 g tin tomato and onion mix
- 5 ml salt
- Pinch of black pepper
- Oregano sprigs
- 4 hake fillets, fresh or frozen
- Squeeze of lemon

# INSTRUCTIONS:

1. Fry the garlic in the oil, in an ovenproof pan, over a medium heat.
2. Pour in the tin of onion and tomato mix.
3. Add salt, pepper and a few sprigs of oregano and reduce the heat.
4. Simmer for 15 minutes until the sauce thickens and reduces.
5. Place the hake fillets in the pan and coat with the sauce. (Note: If using frozen fillets, defrost completely before cooking).
6. Bake the fish for 15 to 20 minutes or until the flesh flakes apart easily.
7. To serve, squeeze lemon juice over the fish and sprinkle with the remaining oregano.
8. Serve with cooked barley and green veg.

