



fresh produce



• seafood



• gourmet



Miso Butter Pan-Fried Hake

Serves: 1

Ingredients

- 1 tsp of Miso paste
- 1 tsp of butter
- 2 cups of Kale leaves
- 2 pcs roasted almonds (chopped)
- Lemon juice and zest to taste
- 1 tsp of olive oil
- Pepper and salt to taste
- Handful of dried cranberries
- Few stripes of onion
- 1 pc of Hake Fillet

Preparation

1. Melt butter in Medium heat then add in Miso paste, lemon zest and juice. Mix well.
2. Dry the hake fillet with tissue then marinade it with salt and pepper on both sides.
3. Heat the pan with olive oil, pan fry the skin side of hake longer than the flesh side. Please make sure that the Pan is hot before frying the fish.
4. Rip off the kale leaves from centre, wash and dry. Sprinkle a little salt, lemon juice and olive oil on top of kale.
5. Massage until smooth and add onion, chopped almonds and dried cranberries.