



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

HAKE 'N' BACON

Time: 30 minutes

Serves: 4

Ingredients:

4 thick slices bacon – cut into matchsticks
150ml water
3 cloves garlic - thinly sliced
400g hake filets
800ml canned whole tomatoes
0.5g pepper
4 large basil leaves - chiffonade

Preparation:

Place a large pan fry pan on medium-high. When the pan is hot, add the bacon and water. Stir occasionally until bacon is brown.

Stir in the garlic. Wait 30 seconds.

Push the bacon and garlic to the edges of the pan. Add the hake fillets. Cook two minutes per side.

Place the tomatoes and pepper in a bowl, crushing the tomatoes with your fingers to break part slightly.

Add the tomatoes to the pan and bring to a simmer for three minutes.

Carefully plate the hake. Stir the tomato and bacon mixture and top the hake with it. Garnish with basil.

Nutritional Information Per Serving:

Calories: 215
Fat: 6g
Carbs: 15g
Fibre: 4g
Protein: 27g