

STEAMED HAKE & CUCUMBER, ROCKET & TOMATO SALAD

Serves 2

INGREDIENTS

200g fresh hake fillets
1 clove of garlic, minced
1 teaspoon salt
3 tablespoon lime juice
Pinch white pepper
80g fresh rocket leaves
60g cherry tomatoes, halved
100g baby cucumber, thinly sliced
40g mushrooms, thinly sliced
One extra lime, cut in quarters



METHOD

Mix 3 tablespoon of lime juice with the minced garlic, 1 teaspoon of salt and a pinch of white pepper. Gently rub this mixture into the hake fillets, then place inside a bamboo steamer. Cover the hake portions with thinly sliced baby cucumber. Place the steamer onto a well fitted saucepan half filled with water and steam for about 5 to 6 minutes. The fish should be slightly firm when touched.

Place your steamed hake fillets onto the centre of the plate. Divide your rocket leaves, remaining sliced cucumber, tomatoes and sliced mushrooms around the hake fillets. Garnish with lime (or lemon) quarters. You can season the salad with extra salt and pepper, if you like, followed by a generous squeeze of limes.

PER PERSON:

100g protein
140g vegetables