



Hake with stewed peppers

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bell pepper red
- ☐ 3 bell pepper yellow
- ☐ 6 tbsp olive oil spanish good
- ☐ 1 onion finely sliced
- ☐ 2 garlic clove chopped
- ☐ 4 thyme sprigs
- ☐ 1 tbsp clear honey
- ☐ 3 tbsp sherry vinegar

- ☐ 1 large pinch paprika smoked spanish (pimenton)
- ☐ 1 small handful olive green halved
- ☐ 3 tbsp flour
- ☐ 4 small hake steaks) fillets (or cod if you can't find it)

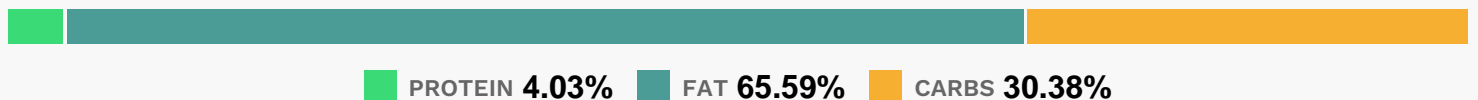
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Blister the peppers under the grill or over a flame until blackened, then put in a bowl, cover with cling film and leave to cool. Peel and deseed the peppers, catching any juices by straining them into a small bowl and setting aside.
- ☐ Cut the pepper flesh into thin strips and set aside.
- ☐ Put 3 tbsp of the olive oil in a shallow pan with the onion, garlic and thyme stems, and sweat over a low heat for 15–20 mins until softened and starting to brown.
- ☐ Add the pepper strips, half the honey, half the pepper juice and 2 tbsp Sherry vinegar, and cook until it makes a sticky relish. Season with the paprika, stir through the olives and set aside this is best served at room temperature.
- ☐ Mix the remaining pepper juices, vinegar and honey with 2 tbsp olive oil and half the thyme leaves to make a dressing, then set aside. Toss the flour with the rest of the thyme leaves and some seasoning, and use to dust the hake.
- ☐ Heat the remaining olive oil in a large non-stick frying pan and fry the hake for 6–8 mins, skin-side down until golden, then flip over and continue to fry until cooked through. Spoon a puddle of the pepper mix onto each plate and top with a piece of hake.
- ☐ Drizzle the dressing over the plate and serve.

Nutrition Facts



Properties

Glycemic Index:69.07, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:16.27739131969%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 294.41kcal (14.72%), Fat: 22.36g (34.4%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 19.58g (7.12%), Sugar: 9.31g (10.34%), Cholesterol: 0mg (0%), Sodium: 87.35mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 282.2mg (342.06%), Vitamin A: 3163.9IU (63.28%), Vitamin E: 4.71mg (31.38%), Vitamin B6: 0.48mg (23.77%), Folate: 80.65µg (20.16%), Manganese: 0.33mg (16.69%), Vitamin K: 17.44µg (16.61%), Fiber: 3.73g (14.92%), Potassium: 454.55mg (12.99%), Vitamin B3: 2.1mg (10.52%), Vitamin B1: 0.14mg (9.02%), Iron: 1.59mg (8.84%), Vitamin B2: 0.15mg (8.54%), Copper: 0.15mg (7.52%), Magnesium: 28.93mg (7.23%), Phosphorus: 65.54mg (6.55%), Vitamin B5: 0.52mg (5.15%), Selenium: 2.97µg (4.24%), Zinc: 0.52mg (3.49%), Calcium: 34.78mg (3.48%)