

RECIPES BY CHEF ZANELE



Pan Fried Hake in Creamy Butter Sauce – Serves 2

INGREDIENTS:

- 2 HAKE FILLETS
- 15ML BUTTER
- 15ML LEMON JUICE
- 5ML FISH SPICE
- 2 CLOVES GARLIC
- 5ML DRIED CHILLIE FLAKES
- 35ML CREAM



Instructions:

1. Season hake with spice for fish.
2. In a pan melt butter, and sauté garlic.
3. Fry fish for 3-4 minutes per side.
4. Add lemon juice, cream and dried chillie flakes.

Cooking Time:

10 Minutes

Let's do dinner
IN THE LIFE ARTOIS

ENJOY RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18.

