



## Spanish Style Hake with Smoky Paprika Potatoes

Serves 2

### Ingredients

2 hake fillets (about 1 lb total)  
1lb red potatoes  
1 onion  
1 celery stalk  
1 red pepper  
2 garlic cloves  
1 tsp fennel seeds  
1 tsp coriander seeds  
1 tsp smoked paprika  
1 tsp ground cumin  
A pinch or two of cayenne pepper  
Sea salt  
2 tbsp water  
Freshly ground pepper  
1 tbsp olive oil  
About 8 oz. boiling water

### Directions:

Put a pan of salted water on to boil. Scrub and roughly chop the potatoes. When the water is boiling, add the potatoes to the pan. Simmer for 10 mins till they're just soft, then drain well.

While the potatoes simmer, prepare the veg. Peel and finely chop the onion. Trim the celery and finely slice it. Halve the pepper and scoop out the seeds. Roughly chop it. Peel and crush the garlic.

Warm a deep-frying pan or wok over a medium heat for 1 min. Add 1 tsp each fennel and coriander seeds. Toast for 30 secs, then add the onion and celery with 2 tbsp water. Stir in 1 tsp each smoked paprika and ground cumin. Add a pinch or 2 of cayenne pepper (it's spicy, so add as much or as little as you like). Season with salt and pepper.

Cook and stir the onions for 5 mins, till the onions have softened a little. If they start to stick, add a splash more water. Scoop the onions onto a plate.

Put the pan back on the heat and add 1 tbsp oil. Add the drained potatoes and the red pepper. Stir and fry for 8-10 mins till they're golden and a little browned in places.

Add the onions back to the pan. Add the garlic. Stir to mix everything together. Pour in boiling water. Lay the hake fillets in the pan. Pop on a lid (or use a baking tray to cover the pan if you don't have a lid) and cook over a medium heat for 10 mins till the hake is white, opaque and flakes easily when pressed with a fork. Serve warm