



## Hake with Lemon Couscous

Serves 2

### Ingredients

#### Pan fried Hake:

2 hake fillets (about 1 lb total)

1 tbsp olive oil

salt & pepper

2.25 tsp butter

#### Lemon Couscous:

1 tbsp olive oil

1 red onion (finely chopped)

1 zucchini (diced)

1 red pepper (diced)

2 cloves garlic (crushed)

3.5 oz couscous

10 oz. vegetable stock

1 zest and juice of lemon (finely grated)

1.5 tbsp butter

1 handful fresh parsley (chopped)

### Directions:

Pour the olive oil to a saucepan and place over a medium heat. Add the onions to the pan and cook gently for 5 minutes taking care to soften but not color the onion.

Add the zucchini, pepper and garlic to the saucepan and continue to cook for a further minute. Then add the couscous, lemon zest and juice and stir well to combine.

Pour the vegetable stock over the couscous and take the pan off the heat. Cover with a lid and leave the couscous to steam for 5 minutes.

Meanwhile place a non-stick frying pan over a medium-high heat and add the sunflower oil. Season both sides of the fish and place skin side down in the pan. Cook the fish for 3 minutes on this side then turn. Add a knob of butter, cook for a further 2 minutes and remove from the heat.

The couscous should now have absorbed all the stock, Season with salt and pepper, add the parsley and fork through the butter.

Spoon the couscous onto warm plates and place a fillet of hake on each. Serve immediately.