

# HAKE IN THE OVEN



*By Food lovers recipes*

## HAKE IN THE OVEN

1.3 kg Hake

Mediterranean roasts seasoning rub

Crushed garlic spice

Chives spice

Pinch of Dill spice

Ground Black pepper

Parsley spice

Smoked Chilli flakes spice

Drizzle olive oil

Lemons

Lemon juice

Line baking pan with aluminium foil.

Cut lemons in slices and put on bottom of pan.

Sprinkle Mediterranean spice on skin and put fish skin down on lemon slices, also rub in Mediterranean spice on front side of fish with all other spices mentioned above.

Drizzle a little olive oil and lemon juice over.

Cover pan with foil and bake at 180°C for 30 min. or until fish is cooked.

Take of top foil from pan and grill fish for few minutes until browned.

Dish upwith your choice of sides

Recipe and photo: Francis Smith