

## Hake with Stewed Peppers



**Serves 4**

**Prep 20 mins**

**Cook 35 mins**

**Easy**

### Ingredients

2 red peppers

2 yellow peppers

6 tbsp olive oil

1/2 onion, finely sliced

4 thyme sprigs, leaves removed, stems reserved

1 tbsp clear honey

2 tbsp sherry vinegar (or cider vinegar)

large pinch of paprika

small handful of green olives, stoned and halved

3 tbsp flour

4 small hake or cod fillets

1. 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 bowl and setting aside. Cut the peppers into thin strips & set aside.
2. Put 3 tbsp of the olive oil in a shallow pan with the onion, thyme and 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.
3. Mix the remaining pepper juices, vinegar and honey with 2 tbsp olive oil and half the thyme leaves to make a dressing and set aside. Toss the flour with the rest of the thyme leaves and some seasoning and use to dust the hake.
4. 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. Alternatively, you can cover the hake in thyme leaves and breadcrumbs and cook in the oven for 25-30 mins. Drizzle the dressing over the plate and serve. Grate some parmesan over the peppers for a fuller flavour.