



smoke Hake with green and Bean

Ingredients

- Mild olive oil, for cooking
- 100g raw cooking chorizo (½ of a 200g pack – we used Unearthed Alfresco Smoked)
- 1 onion, finely chopped
- 260g bag of fresh spinach
- 2 skinless hake fillets (140g each)
- ½ teaspoon sweet smoked paprika
- 1 red chilli, deseeded and finely shredded
- 1 can (400g) cannellini beans, drained
- Juice of ½ lemon
- 1 tablespoon extra virgin olive oil

Instructions

1. Heat a drizzle of mild olive oil in a large pan over medium heat. Add the chopped onion and cook until soft, about 5 minutes.
2. Slice or crumble the raw chorizo and add it to the pan. Cook for 4–5 minutes until browned and fragrant.
3. Stir in the spinach and let it wilt down completely. Then add the drained cannellini beans, paprika, and red chilli. Cook for another 2–3 minutes, stirring occasionally.
4. Brush the hake fillets with a little olive oil and season with salt and pepper. Grill or pan-fry over medium heat for 3–4 minutes per side, or until the fish flakes easily with a fork.
5. Drizzle the bean mixture with lemon juice and the extra virgin olive oil. Adjust seasoning if needed.

- Spoon the bean and spinach mixture onto plates and top with the grilled hake. Serve with a dollop of garlic mayonnaise on the side, if desired.