

HAKE WITH CHILLI & TOMATO CHUTNEY

SERVES 2

INGREDIENTS

1kg tomatoes, chopped
500g red onions, finely sliced
4 garlic cloves, sliced
1 red chilli, chopped
4cm piece ginger, peeled and chopped
250g brown sugar
150ml red wine vinegar
5 cardamom seeds
½ tsp paprika
2 large hake fillets, scaled and pin-boned
Olive oil
200g samphire



- First, make the chilli and tomato chutney. Tip the tomatoes, red onions, garlic, chilli, ginger, sugar, red wine vinegar, cardamom seeds and paprika into a large, heavy-based pan and bring to a gentle simmer, stirring frequently.
- Simmer the mixture for 1 hour, then gently bring it up to a boil so that it turns dark, jammy and shiny. Once made, the chutney will keep for up to six weeks.
- Arrange the hake fillets on a baking tray, skin side up, and season with olive oil and sea salt. Place under a hot grill for 5–6 minutes, until cooked through.
- Once the hake fillets are ready, remove them from the grill and set aside. Place the samphire into a hot, non-stick frying pan and drizzle with a little olive oil. Sauté for around 1 minute.
- When the samphire is cooked, arrange it on 2 plates and place the hake fillets on top. Spoon a generous portion of warmed chilli and tomato chutney over the fish and serve immediately.