

## CRISPY BAKED HAKE WITH SPICY POTATO MASH

Serves 2

### For the hake

- \* 75g breadcrumbs
- \* 15g gouda cheese, finely grated
- \* 2 Tbsp (30ml) chopped fresh Italian parsley
- \* 40g all-purpose flour
- \* 1 egg, lightly beaten
- \* 400g hake fillets, skinned and deboned
- \* Salt and black pepper, to taste
- \* 2 Tbsp (30ml) olive oil
- \* Lemon wedges, to serve

### For the spicy potato mash

- \* 4 medium potatoes
- \* Water, enough to cover the potatoes
- \* 50g butter
- \* 50ml coconut milk
- \* 1 Tbsp (15ml) mild masala spice
- \* 1 Tbsp (15ml) turmeric
- \* Salt and pepper, to taste

### For the hake

1. Preheat the oven to 210°C.
2. Line a baking tray with parchment paper or foil.
3. Place the breadcrumbs in a shallow dish, along with the grated cheese and parsley.
4. Place the flour and egg in their own, separate shallow bowls.
5. Season the hake fillets with salt and black pepper.
6. Dip one hake fillet at a time into the flour. Shake off the excess, then dip into the egg and, finally, into the breadcrumb mixture.
7. Lay each fillet on the lined baking tray and drizzle with olive oil.
8. Place on the tray in the oven and bake the fish fillets for 15–17 minutes, or until golden brown, making sure to turn the fish fillets halfway through. Serve on a bed of spicy potato mash

### For the spicy potato mash

1. In a large pot, place the potatoes and water, cover, and bring to a boil. Cook for 35–40 minutes, or until soft. To test if they're done, insert a fork or sharp knife through a potato – it should be able to go through the flesh with ease. Once cooked, drain the water, peel off the potato skins and discard.
2. In the same pot, melt the butter over medium heat.
3. Add the cooked potatoes, coconut milk, masala spice, turmeric, and salt and pepper. Mash until well combined and creamy.

