

45 minutes

Serves 4-6

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- Olive oil or canola oil, for frying
- 1 Tbsp (15ml) PnP crushed garlic & ginger
- 1 onion, chopped
- 1-2 red chillies, deseeded and chopped
- 3 cups (750ml) cooked barley
- ¼ cup (60ml) soy sauce
- ¼ cup (60ml) brown sugar or maple-flavoured syrup
- 4-6 (about 600-800g) hake fillets
- Salt and milled pepper
- Sliced spring onion and chives, to garnish
- Lime wedges, for serving

Method

1. Heat a glug of oil in a pan over medium heat.
2. Sauté crushed garlic and ginger with onion and chilli until softened, about 5-8 minutes.
3. Stir in cooked barley, soy sauce and brown sugar or syrup.
4. Cook, stirring constantly, until sauce has reduced and barley starts to caramelize.
5. Heat 1cm oil in another pan.
6. Season fish and fry skin-side down until crispy, about 3 minutes.
7. Reduce heat, flip the fish and cook the other side for 3-5 minutes, until lightly browned and just starting to flake.
8. Serve fried barley and hake garnished with spring onions and chives, with lime wedges on the side.

### **GOOD IDEA**

Delicious served with a quick pickled cucumber salad: combine 2 sliced mini cucumbers, ¼ cup (60ml) apple cider vinegar, 2 Tbsp (30ml) sugar or honey, 2 sliced red salad onions and a handful chopped coriander. Season and set aside for 15 minutes. The longer it's left to pickle, the better it gets!

[Browse more comfort food recipes here.](#)