

Less than 30 minutes

Serves 1

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Ingredients:

- 1 (about 200g-250g) hake fillet, skin on and cubed
- Salt and milled pepper
- Olive oil, for frying
- Handful baby spinach
- Handful fresh peas, blanched
- Handful shredded red cabbage
- 3-4 radishes, sliced
- 5-6 PnP mixed medley tomatoes, halved
- ½ avocado, cubed
- Toasted sesame seeds, for serving (optional)

Dressing:

- ¼ cup (60ml) canola or olive oil
- 2 tsp (10ml) Dijon or wholegrain mustard
- Juice (30ml) of 1 lime or ½ lemon
- 2 tsp (10ml) chopped chives
- ½ red chilli, chopped (optional)

Method:

1. Heat oil in a large pan.
2. Season hake cubes well and fry skin-side down in batches until golden and cooked through.
3. Arrange vegetables, avocado and hake cubes in a bowl, grouping separate ingredients together in the poke style.
4. Combine dressing ingredients and season to taste.
5. Drizzle with dressing and sprinkle with sesame seeds.