

More than 1 hour

Serves 4

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Ingredients

- 4-6 (about 600-800g) hake fillets
- Salt and milled pepper
- 1-2 Tbsp (15-30ml) harissa paste
- 2 Tbsp (30ml) honey
- Juice (120ml) and grated peel of 2 lemons
- ½ tsp (3ml) smoked paprika
- 1 cup (250ml) PnP double-cream plain yoghurt
- 2 packets PnP mini pita breads, toasted

For serving:

- Spring onion, sliced
- Cucumber, sliced
- Chopped coriander
- ⅓ cup (80ml) mayonnaise mixed with 2 Tbsp (30ml) harissa paste

Method

1. Season hake and set aside.
2. Combine harissa paste, honey, lemon juice and peel, paprika and yoghurt.
3. Coat fish well with the mixture and marinate in the fridge for 30-45 minutes.
4. Bake fish at 200°C for 25-30 minutes.
5. Serve pitas filled with flaked fish, spring onion, cucumber, coriander and dollops of spicy harissa mayo (or serve mayo on the side, if you prefer).

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