

1 hour

Serves 4

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Ingredients

- 1 punnet (300g) PnP salad tomatoes on the vine, halved
- 3-4 cloves garlic, sliced
- Handful fresh basil
- Olive oil, for drizzling and frying
- Salt and milled pepper
- Grated peel of 1 lemon
- 2 Tbsp (30ml) sugar
- Splash Worcestershire sauce (optional)
- ½ cup (125ml) coconut milk
- 1 box (600g) frozen hake fillets
- ½ baguette or ciabatta, torn into chunks
- Fresh basil leaves and lemon wedges, for serving

Method

1. Preheat oven to 200°C.
2. Arrange tomatoes in a large oven tray and add garlic and basil.
3. Toss with olive oil and season well.
4. Bake for about 15 minutes or until tomatoes are blistered.
5. Remove from oven, add lemon peel, sugar, Worcestershire sauce and give it a stir.
6. Bake for a further 10 minutes.
7. Pour in coconut milk and add fish fillets, nestling them in the sauce.
8. Bake for 15-20 minutes more, or until fish is cooked through.
9. Heat a glug of oil in a pan over high heat and toast bread chunks until crispy.
10. Serve fish scattered with toasted bread chunks and basil, with lemon wedges on the side.

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