

Pan-Seared Hake

with Eggplant Caponata & Fregola Sarda

Eggplant caponata is a Sicilian dish known for its bold flavors. In this recipe, we're making it in the style of a traditional "agrodolce" (literally "sour and sweet") and striking the perfect balance of tart red wine vinegar and sugar. You'll be serving it with fresh fish and fregola sarda, a tiny, toasted pasta from Sardinia, an island due north of Sicily.



Ingredients

- ¾ Cup Fregola Sarda
- 3 Cloves Garlic
- 1 Bunch Parsley
- 1 Italian Eggplant
- 1 Lemon
- 1 Red Bell Pepper
- 1 Red Onion
- 1 Tablespoon Capers
- 1 Zucchini
- 2 Tablespoons Red Wine Vinegar
- 1 Tablespoon Sugar
- 2 Hake Fillets
- 2 Tablespoons Rice Flour

Makes 2 Servings
About 635 Calories Per Serving

Instructions

1



Cook the fregola sarda:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **fregola sarda** and cook 10 to 12 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Transfer the cooked fregola to a bowl, toss with a drizzle of olive oil to prevent sticking and season with salt and pepper. Set aside and wipe out the pot.

2



Prepare the ingredients:

While the fregola cooks, wash and dry the fresh produce. Peel and thinly slice the garlic. Pick the parsley leaves off the stems; discard the stems. Remove the stems of and medium dice the eggplant, bell pepper and zucchini. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of lemon zest. Quarter the lemon and remove the seeds. Peel and small dice the onion. Roughly chop the capers.

3



Make the caponata:

In the same pot used to cook the fregola, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic** and season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until the onion softened. Add the **eggplant**, **bell pepper** and **zucchini** and season with salt and pepper. Cook, stirring frequently, 8 to 10 minutes, or until the vegetables have softened.

4



Finish the caponata:

To the sautéed vegetables, add the **sugar**, **capers**, **lemon zest**, **red wine vinegar**, **half the parsley** (roughly chopping before adding, if you'd like) and **½ cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the sugar has dissolved. Remove from heat and stir in the **juice of 2 lemon wedges** and **1 tablespoon of olive oil**; season with salt and pepper to taste. Set the pot aside in a warm place.

5



Cook the fish:

Pat the **fish fillets** dry then season with salt and pepper on both sides. Completely coat the fish with the **rice flour**, shaking off any excess. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets to the pan and cook 3 to 4 minutes per side, or until cooked through. (Loosely cover the pan with aluminum foil to help the fish cook through faster.) Transfer the cooked fish to a plate and season with salt and pepper.

6



Plate your dish:

Divide the **fregola** and **cooked hake fillets** between 2 plates and top with the **caponata**. Garnish with the **remaining parsley** and **lemon wedges**. Enjoy!