

Seared Hake

with Warm Lentils & Brussels Sprouts

Hake, a flaky, mild fish in the same family as cod, can pair well with almost anything, especially a savory sauté of beluga lentils and Brussels sprouts. Named for their caviar-like appearance, beluga lentils aren't as fragile as other varieties and remain intact as they cook. Splashes of acidity from vinegar and lemon juice along with some fresh herbs make the perfect finishing touches for this hearty meal.



Ingredients

- 5 Ounces Brussels Sprouts
- 2 Cloves Garlic
- 1 Celery Stalk
- 1 Carrot
- 1 Bunch Chives
- 1 Bunch Parsley
- 1 Lemon
- 1 Red Onion
- ½ Cup Beluga Lentils
- 2 Fillets Hake
- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Red Wine Vinegar

Makes 2 Servings

About 454 Calories Per Serving



Instructions

1



Prepare the ingredients:

Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Peel and mince the carrot, garlic, and red onion. Mince the celery. Finely chop the chives and parsley. Cut off the stem ends of the Brussels sprouts before cutting them in half lengthwise. Thinly slice the halves lengthwise to shred the Brussels sprouts. Cut the lemon into wedges.

2



Cook the lentils:

Once the water is boiling, add the **beluga lentils**. Cook 18 to 20 minutes, or until tender. Drain thoroughly.

3



Cook the vegetables:

While the lentils cook, heat a little olive oil in a medium pan on high until hot. Add the **onion, carrots, celery, and garlic**; cook 3 to 5 minutes, or until softened, stirring occasionally. Add the **Brussels sprouts** and cook 1 to 2 minutes, or until softened, stirring occasionally. Season with salt and pepper. Stir in **half of both the chives and parsley** and then remove from the heat.

4



Cook the fish:

Pat the **fish** dry with a paper towel, then season with salt and pepper. Lightly coat each fillet in the **flour**, shaking off any excess. In a separate medium pan, heat a little olive oil on medium-high until hot. Add the fish to the hot pan and cook 3 to 4 minutes on the first side. Turn over the fillets and reduce the heat to medium. Cook 3 to 4 minutes longer, or until golden brown and slightly crisp. Transfer to a paper-towel-lined plate.

5



Add the lentils to the vegetables:

Add the **drained lentils** to the pan with the vegetables. Stir in the **red wine vinegar** and a **drizzle of olive oil**; season with salt and pepper to taste.

6



Plate your dish:

Divide the lentil-vegetable mixture between 2 plates. Place a fish fillet on each plate. Garnish with the **lemon wedges** and **remaining chives and parsley**. Enjoy!