

# Pan-Roasted Hake

*with Roasted Fennel, Fresh Grapes & Brown Butter Vinaigrette*

Browning butter (gently toasting its natural milk solids) is a classic technique used to give this ingredient a deep, rich flavor. Fresh grapes provide a bright, tart counterpoint to the almost hazelnutty brown butter in this vinaigrette. Additionally, roasting fennel partially caramelizes it, bringing out a natural sweetness and highlighting its mellow, anise flavor.



## Ingredients

3 Ounces Red Grapes

½ Ounce Walnuts

1 Bulb Fennel

1 Bunch Parsley

1 Lemon

1 Shallot

½ Cup Farro

2 Tablespoons Butter

2 5-Ounce Hake Fillets



Makes 2 Servings

About 675 Calories Per Serving



# Instructions



## Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Slice the grapes in half. Pick the parsley leaves off the stem. Roughly chop the parsley leaves and walnuts. Cut the fennel in half and remove the root, then slice the bulb into 1/8-inch slices. Cut the lemon into quarters and remove the seeds. Peel and mince the shallot.



## Cook the farro:

Once the water is boiling, add the **farro**. Cook 30 to 35 minutes, or until tender. Drain thoroughly and return to the pot. Stir in the **juice from 2 lemon wedges** and **2 teaspoons of olive oil**; season with salt and pepper to taste. Cover and set aside in a warm area.



## Roast the fennel:

While the farro cooks, place the **fennel** on a sheet pan. Drizzle with olive oil and season with a little salt and pepper. Toss to coat. Roast for 18 to 20 minutes, or until tender and slightly caramelized, stirring halfway through.



## Toast the nuts:

While the fennel roasts, place the **walnuts** in a large, dry pan (non-stick, if you have one). Heat on medium-high for 3 to 5 minutes, or until browned and fragrant. Transfer to a small bowl and wipe out the pan.



## Cook the Fish:

Pat the **fish fillets** dry and season with salt and pepper on both sides. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium until hot. Cook the seasoned fish 5 to 6 minutes per side, or until browned and cooked through. (Loosely cover the pan with aluminum foil to help the fish cook faster.) Transfer to a plate and wipe the oil out of the pan.



## Make the brown butter vinaigrette & plate your dish:

In the same pan, melt the **butter** on high heat and cook 1 to 2 minutes, or until the butter is fragrant and a deep golden brown, stirring occasionally. (The butter will bubble, then the foam will subside.) Turn off the heat and add the **shallot** and the **juice from the remaining lemon wedges**. Stir until well combined and transfer to a heatproof bowl. To plate your dish, divide the farro, roasted fennel and fish between 2 plates. Stir the **grapes** and **parsley** into the vinaigrette and top each plate with a couple spoonfuls. Garnish with the **toasted walnuts**. Enjoy!