Smart Recipes

Delicious, simple recipes for our plain range of fish

We just do fish.
Don’t spend all your time in the kitchen.
These imaginative, easy to prepare recipes have been especially created for you, so that you don’t have to slave away for hours every time you’re preparing meals for family or friends.

Versatile and perfect for any occasion, we’re sure you’ll agree that they’re amazingly straightforward and original, complementing the succulent goodness of our healthy, plain fresh frozen range of Cape Whiting Steaks, Hake Fillets and Hake Medallions.

Bon appétit!
Fresh Cape Whiting on Spring Mash

**A zesty and nourishing Spring delight.**

**Serves: 2**

**INGREDIENTS**
- 4 portions of Sea Harvest Cape Whiting
- 2 tablespoons (30ml) white wine
- 1 tablespoon (15ml) olive oil
- Salt
- Freshly ground black pepper
- Chives
- One lemon
- 3 potatoes, peeled and quartered
- 2 leeks
- 1 teaspoon (5ml) olive oil
- 2 spring onions
- 1 cup of peas
- ¾ cup (180ml) low fat milk
- 1 lemon cut into wedges

**METHOD**

Preheat the oven to maximum grill.

Place the fish portions on a baking tray and drizzle with the white wine and olive oil. Season and grill for 6 minutes a side or until done. In the meantime cook the potatoes in water until soft. Drain well. Cook the peas in hot water for 3 minutes and drain. Stir fry the leeks and onions in 1 tsp olive oil until soft. Coarsely mash the peas and potatoes with the low fat milk and stir through the leeks and onions.

Serve with the fish, drizzled with the pan juices and wedges of lemon.
Fresh Cape Whiting with a Greek-Style Salad

*Mediterranean infused flavours for relaxed Summer meals.
Serves: 2

INGREDIENTS
2 portions of Sea Harvest Cape Whiting
1 tablespoon (15ml) olive oil
2 small baby marrows cut into strips
2 spring onions, sliced
½ cup of frozen peas
80g of low fat feta
¼ cup of mint leaves

DRESSING
1 tablespoon (15ml) lemon juice
1 teaspoon (5ml) olive oil
1 tablespoon (15ml) honey

METHOD
Preheat the oven to maximum grill. Place the fish portions on a baking tray and drizzle 1 tablespoon of olive oil and season. Season and grill for 6 minutes a side or until done. Grill the baby marrows on a hot griddle pan for a minute each side. Whisk the dressing ingredients together and toss with the baby marrows, peas, feta and mint.

Serve topped with the fish.
Pan Fried Hake Fillets with Tomato and Dill Salsa

*Succulent spiced fish fillets imbued with subtle piquancy.*
*Serves: 4*

**INGREDIENTS**
- 1 box 800g Sea Harvest Hake Fillets
- Jenny Morris Zesty Fish Spice
- Freshly ground black pepper
- Flour for dusting
- Shallow oil for frying

**TOMATO AND DILL SALSA**
- 2 medium tomatoes diced
- 2 cloves crushed garlic
- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt and pepper to taste
- 3 tablespoons fresh dill finely chopped

**METHOD**
Season the fish fillets with Zesty fish spice and pepper and dust with flour. Heat the oil in the pan and fry the fish till golden on both sides, remove and keep warm.

Mix the tomatoes with the garlic, lemon juice and olive oil, season with salt and pepper and add the fresh dill. Spoon over the fried fish and serve.
METHOD
Preheat the oven to 200°C. Pat the hake fillet with a little olive oil. Mix the spices together and rub over the hake until well covered. Heat the oil in a pan and sear the fish for 3 – 5 minutes a side. In the meantime mix the salsa ingredients together and allow the flavours to develop.

Serve the fish topped with the fresh salsa.

Blackened Mexican Fish with Mango, Tomato and Fresh Herb Salsa

Seared succulence, perfectly balanced by a tangy, fruity topping.
Serves: 2

INGREDIENTS
2 portions of Sea Harvest Hake Fillets
1 teaspoon (5ml) cumin
1 teaspoon (5ml) coriander
½ teaspoon (2.5ml) ground dried chilli flakes
1 tablespoon (15ml) olive oil
1 mango, diced
200g baby rosa tomatoes, diced
1 teaspoon (5ml) lime juice
2 spring onions, chopped
6 basil leaves, finely sliced
½ cup coriander leaves, chopped
½ teaspoon (2.5ml) chilli, finely chopped
Tandoori Fish with Mango Raita

Oriental flair and spice for balmy nights with friends.
Serves: 4

INGREDIENTS
4 portions of Sea Harvest Hake Medallions
2 tablespoons (30ml) tandoori paste
½ cup fat free yoghurt
2 hot naan breads or roti’s

MANGO RAITA
Flesh of one mango, finely chopped
Small handful of fresh coriander leaves, finely chopped
1 green chilli, finely chopped
Fresh mint leaves, finely chopped
½ cup low fat yoghurt
½ cup chopped cucumber, finely diced

METHOD
Preheat the oven to maximum grill. Combine the tandoori paste and yoghurt and marinate the fish for 30 minutes. In the meantime make the mango raita by mixing all the ingredients together. Grill the fish for 10 to 12 minutes.

Serve on naan breads or roti with the mango raita.
Summer Fish with Citrus Salad

The quintessential Summertime salad – refreshing, light and flavoursome.
Serves: 4

INGREDIENTS
4 portions of Sea Harvest Hake Medallions
2 oranges or grapefruits or 1 of each
1 avocado, sliced
Rocket
Watercress
Handful of coriander, roughly chopped

HERB SEASONING
½ teaspoon (2.5ml) of black pepper
½ teaspoon (2.5ml) of salt
½ teaspoon (2.5ml) of dried chilli flakes

DRESSING
3 tablespoons (45ml) citrus juice
1 tablespoon (15ml) olive oil

METHOD
Preheat the oven to maximum grill. Peel the citrus and cut the segments away from the pith, using a bowl to catch the juice. Combine the greens, avocado and citrus and set aside. Put the hake on a baking pan. Whisk the dressing ingredients together and brush a little over the hake medallions, reserving the rest for the salad. Grill the fish for 10 – 12 minutes or until done. Cut the fish into chunks and toss in the herb seasoning until well coated.

Serve with the salad and the remaining dressing.
Spicy Moroccan Fish

An exotic assortment of textures and tastes for friends and family.
Serves: 4

INGREDIENTS
4 portions of Sea Harvest Chunky Hake Fillets
1 onion, halved and sliced
1 tablespoon (15ml) olive oil
1 garlic clove, crushed
2 teaspoons (10ml) fresh grated ginger
1 teaspoon (5ml) cumin
½ teaspoon (2.5ml) turmeric
½ teaspoon (2.5ml) cinnamon
1 tablespoon (15ml) honey
1 tablespoon (15ml) orange blossom water
1 can of chopped tomatoes
½ cup of couscous
1 can of chickpeas
Seasoning
Fresh coriander leaves to garnish

METHOD
Preheat the oven to maximum grill. Heat the olive oil in a pan and cook the onion for 5 minutes or until soft and translucent. Add the garlic, ginger, cumin, turmeric, and cinnamon and cook for 1 – 2 minutes. Add the canned tomatoes and cook for about 8 minutes or until reduced. Add the honey and orange blossom water, and cook for a further 2 minutes. Season to taste. Cook the couscous as per the packaging instructions and add the chickpeas. Keep warm. In the meantime, grill the hake for 5 – 6 minutes a side.

Serve the hake on a bed of couscous, with the sauce and fresh coriander.
Roasted Hake Medallions with Lemon Rosemary Butter Sauce

A tangy, decadent and scrumptious treat!

Serves: 4

METHOD
Squeeze lemon juice over the hake and season with salt, pepper and paprika. Allow to rest for 20 minutes. Meanwhile, preheat the oven to 180 °C. Heat the olive oil in a frying pan. Sear fish on both sides, but don't cook through. Remove from the heat. Place on a baking sheet and roast for 5-6 minutes. Remove and keep warm while making the sauce. Heat the cream with half the butter and the rosemary. Simmer for 4-5 minutes, or until slightly reduced. Add the lemon juice; garlic and stir for 1 minute, then remove from the heat. Whisk in the remaining butter, a few pieces at a time. Check seasoning. Serve over fish.

Serve over fish.

INGREDIENTS

Juice of 1 lemon
1 box Sea Harvest Hake medallions
Salt and milled black pepper
Smoked Paprika
Olive oil

SAUCE

½ cup (125 ml) cream
5 tablespoons (75 ml) butter
1 tablespoon chopped fresh rosemary needles, or half a cup of roughly chopped fresh coriander
2 tablespoons (30 ml) lemon juice
1 clove crushed garlic
Tips: Serve this sauce with steamed asparagus and gingered carrots. Green beans and potato wedges make good accompaniments.