



# hake with olives and walnut salsa



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| Prep   | 5 min  |
| Cook   | 25 min |
| Serves | 4      |

**40g harissa**  
**Zest and juice of 1 lemon**, plus 6 slices, very thinly sliced  
**1 tbsp olive oil**  
**4 skinless hake fillets** (about 175g each)  
**Sea salt and black pepper**  
**75g green olives**

**For the walnut salsa**  
**150g walnut halves**  
**50g finely chopped coriander**  
**1 preserved lemon**, rind finely chopped (flesh reserved for another use)  
**100ml extra-virgin olive oil**  
**2 tsp sumac**

**Baked fish is so light that the addition of chopped nuts in the salsa gives it some heft. The walnuts are interchangeable for whichever nuts you prefer - pistachios, for example, would make an excellent alternative.**

Heat the oven to 180C (160C fan)/ gas 4. Tip the walnuts on to a baking tray and roast for five minutes, until toasty. Leave the nuts to cool, then roughly chop and mix with all the other salsa ingredients.

In a small bowl, whisk the harissa, lemon zest and juice, and olive oil. Season the fish fillets with sea salt and black pepper, put them on a baking tray and spread the harissa mixture evenly over each fillet. Scatter over the olives and lemon slices, then bake for 10-12 minutes, or until the fish is cooked and flaking apart. Spoon the walnut salsa over the top and serve.