

# Cajun Hake & Vegetable Bake

🍷 2 servings

515 Kcal / serving

35g Protein 22g Fat 48g Carbs

## Ingredients

- 2 (400g) - **Potatoes**
- 1 (150g) - **Red onion**
- 1 (150g) - **Red pepper**
- 1 small (150g) - **Courgette**
- 4 teaspoons (20g) - **Rapeseed or olive oil**
- 1 ½ teaspoons (7.5g) - **Cajun seasoning**
- 1 teaspoon - **Garlic granules**
- 2 x 150g - **Skinless & boneless hake fillets**
- 1 tablespoon (15g) - **Sunflower seeds**
- 2 tablespoons (30g) - **Light mayonnaise**



## The Method

Preheat the oven to 200°C, (400°F), gas mark 6. Cut the potatoes into thin wedges. Cut the onion in half and peel, then cut into thick wedges. Remove the core from the red pepper and cut into slices. Top and tail the courgette, then cut into chunks.

Place all the vegetables on a baking tray and drizzle over one tablespoon of oil. Toss to coat evenly, then sprinkle over one teaspoon of the Cajun seasoning and the garlic granules. Put in the oven for 20 minutes.

Drizzle the hake with the remaining teaspoon of oil and sprinkle over the rest of the Cajun seasoning. Remove the vegetables from the oven and make room in the middle to tuck in the pieces of hake. Sprinkle over the sunflower seeds and bake for another 10-12 minutes or until the hake is cooked through and tender. Test with a small knife to ensure the hake is cooked through.

Arrange the Cajun hake and vegetables on plates and add a tablespoon of the mayonnaise to each one. Season with pepper to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of hake