

MUSTARD ROASTED HAKE

COURTESY OF LUKE'S LOBSTER

Serves 4

 TRUE FIN™

INGREDIENTS:

- 1 12oz pack of Atlantic Hake
- 8oz crème fraiche
- 3 TBSP Dijon mustard
- 1 TBSP whole-grain mustard
- 2 TBSP shallots, minced
- 2 tsp capers, drained

DIRECTIONS:

Thaw hake filet in fridge 16-24 hours before using.

Preheat the oven to 425 degrees.

Line a sheet pan with parchment paper.

Season filets generously with salt and pepper and place on prepared sheet pan.

Combine the crème fraiche, both mustards, shallots, capers and ½ tsp of pepper in a small bowl. Spoon mustard mixture over seasoned hake filets, evenly coating the fish until completely covered.

Bake for 10-15 minutes (the fish will flake easily at the thickest part with it's done).

Spoon any excess sauce in the pan over filets and serve warm!