

For the traditionalists this might be a Friday dish. But regardless of the day it's a flavour packed, low fat recipe which will take you not more than 30 minutes at most.

Ingredents:-

800 g Firm fleshed hake fillets

½ cup Finely chopped parsley

6 slices of Pancetta

Juice of 1 lemon

4 Anchovies

2-3 Sprigs fresh thyme

2 Table spoons of Olive oil

Method:-

(1) Preheat the oven to 180°C.

(2) Arrange your hake fillets on a baking tray and season to taste. Top with slices pancetta or Parma ham.

(3) Combine finely chopped parsley with the juice of 1 lemon, anchovies, sprigs fresh thyme and olive oil.

(4) Drizzle over the fish, then bake for 15?20 minutes, or until succulent but still firm.