

## Baked Hake with Baby Marrows and Tomatoes

**Servings:** 4

**Prep Time:** 5min

**Cook Time:** 25min



### Ingredients

- 4 hake steaks
- 1 lemon, juice
- salt and milled pepper
- butter
- 2 medium tomatoes, sliced
- 4 medium baby marrows, sliced lengthways
- olive oil

### Directions

1. Place fish on an oiled baking sheet. Squeeze lemon juice over, season and dot with butter. Cover fish with overlapping slices of tomato and baby marrow, drizzle with oil and season again.
2. Bake in a preheated 180°C oven for 20 mins or until fish and vegetables are cooked through but still firm.
3. Serve with rice flavoured with lemon peel and parsley.