Complexity level: Easy
Calories level: Middle-calories level
Price estimation: 5 - 10 $

**Ingredients**

- 2 lb hake fillets
- 2 onions
- 3 potatoes
- 4 T olive oil
- 1 T olive oil
- 1 1/4 t black pepper
- 1 1/2 t parsley
- 1 1/4 t salt

**Instructions**
1. Julienne the onions and cook over low heat for 3-5 minutes in a non-stick frying pan with 3 or 4 tablespoons of olive oil and salt.
2. Peel and slice the potatoes and add them to the frying pan with the onion. Cook over low heat for 12-15 minutes more.
3. Place the potatoes and onions into a roasting pan.
4. Preheat oven to 350 degrees F (175º C).
5. Rinse hake fish fillets in cold water
6. Sprinkle salt, black pepper, parsley and 1 tablespoon of olive oil over the hake fillets.
7. Place hake fillets into the oven plate.
8. Bake at least 15 minutes. (A good tip to calculate the time is to bake 15 minutes each 2 pounds).
9. Serve and enjoy your baked hake fish fillet recipe with potatoes and onions. (See more Spanish fish recipes [1])

Source URL: https://www.thespanishcuisine.com/recipes/baked-hake-fish-fillet-potatoes-onions

Links