



Crispy Herb Baked Hake (The Other White Fish)

 **YIELD:** Serves 4-6

INGREDIENTS

2 - 2½ lbs fresh hake fillets (or other mild white fish),
cut into portions
¾ cup panko breadcrumbs
½ cup grated Parmesan cheese
3 tablespoons olive oil
2 tablespoons melted butter
2 cloves garlic, finely minced
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh chives or dill
1 teaspoon lemon zest
2 tablespoons fresh lemon juice
2 tablespoons dry white wine
Salt and freshly cracked black pepper
Lemon wedges for serving

DIRECTIONS

1. Preheat the oven to 400°F. Lightly oil a baking dish or sheet pan large enough to hold the fish in a single layer.
2. Pat the hake fillets dry with paper towels and season both sides with salt and freshly cracked black pepper. Arrange the fish in the prepared baking dish.
3. In a small bowl, combine the panko breadcrumbs, Parmesan cheese, garlic, parsley, chives or dill, lemon zest, olive oil, and melted butter. Mix until the crumbs are evenly coated and slightly moist.
4. Drizzle the lemon juice and white wine evenly over the fish. This adds brightness and keeps the hake moist as it bakes.
5. Press the herb breadcrumb mixture evenly over the top of each fillet, creating a light but complete crust.
6. Bake in the preheated oven for about 12-15 minutes, depending on thickness, until the fish flakes easily with a fork and the topping is golden and crisp.

Serve immediately with fresh lemon wedges. This dish pairs nicely with roasted potatoes, seasonal vegetables, or a simple salad—exactly the kind of fresh, straightforward meal you might build from ingredients found at McQuade's Marketplace.

This crispy herb baked hake recipe highlights a mild, flaky white fish with bright lemon and white wine flavor. Using fresh ingredients like herbs, citrus, and quality seafood—just the kind of ingredients you can find at McQuade's Marketplace—this dish is simple, fresh, and perfect for a family dinner.

