

Cornish Flake with a lemon & rosemary crumb served with crushed new potatoes

*Preparation time: 10 mins, Cooking time: 25 mins
Serves 4*

Ingredients

For the fish

- 4 Hake Fillets, skin on
- 2 rosemary sprigs, leaves chopped
- 50g bread (about 2 slices), torn into pieces
- zest 2 lemons, plus wedges to serve
- 1 tbsp olive oil

For the crushed potatoes

- 1kg peeled or scrubbed new potatoes
- 3 tbsp olive oil
- 6 spring onions, sliced
- handful pitted black olives, chopped

Method

1. Cook the potatoes in boiling salted water for about 15 mins until completely cooked through. Peeling the potatoes isn't essential, but I think it gives a smoother finish to the dish.
2. Drain, tip into a bowl, and crush with the olive oil until broken but not mashed. Stir through the spring onions and the olives, then season to taste. Set aside and keep warm.
3. Heat the grill to medium. Place the fish fillets, skin-side up, on a baking tray, then grill for 4 mins. Meanwhile, place the rosemary, bread, lemon zest and some seasoning in a food processor, then blitz to make fine crumbs.
4. Turn the fish over, then press a quarter of the crumbs over the top of each fillet. Drizzle with olive oil, then grill for 4 mins until the crust is golden and the fish is cooked through and just flaking. Serve with the crushed new potatoes and lemon wedges for squeezing over.

Original recipe can be found [here](#)

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