



## Chermoula Hake Traybake with Coriander & Garlic Dip

Chermoula is a Moroccan spicy marinade that can be used as a sauce, marinade, or even a condiment and is perfect for every kind of fish – fried, grilled, baked, and stewed. The garlic dip is also easy to prepare with a new twist using yogurt instead of mayo bringing extra flavor to the dish. This is an easy fish tray bake recipe that's packed full of spice for a different and delicious meal.

### Ingredients

- Fresh Hake
- Natural Yogurt
- Olive/Rapeseed Oil
- Red Onion
- Mixed Spices
- Salt
- Garlic
- Cumin Seeds
- Pepper
- Courgette
- Smoked Paprika
- Fresh Coriander
- Ground Coriander
- Chickpeas
- Chilli Flakes

### Your Pantry

- Olive/Rapeseed Oil
- Salt
- Pepper

### Nutritional Info

Calories: 360 kcal  
Carbohydrates: 42 g  
Protein: 32 g  
Fat: 6.5 g

### Allergens

[Fish \(Hake\)](#)  
[Dairy \(Yogurt\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) Heat the Oven

Preheat the oven to 200°C & get a large roasting tray ready.

### 2) Prepare the Traybake

Roughly chop the courgette. Slice the red onion. Drain and rinse the chickpeas.

### 3) Add the Spice Mix

Add some olive or rapeseed oil to a large bowl and mix the courgette, red onion, chickpeas and the chermoula spice mix together. Add the unpeeled garlic cloves and season with salt & pepper.

### 4) Put the Traybake on

Spread the chermoula spiced courgette, red onion, chickpea and garlic cloves out on your roasting tray. Cook in the oven for 20 minutes.

### 5) Add the Fish

After 20 minutes remove the garlic cloves and place them aside to use in the garlic dip later. Make some space in the middle of your tray for the hake fillets. Put the hake fillets on the tray and drizzle with some oil as well as salt & pepper. Cook the fish for a further 8 – 10 minutes until cooked through.

### 6) Make the Dip

While the fish is cooking, squeeze the garlic from its skin using the back of a fork. Mash and mix the garlic through the yogurt.

### 7) Plate the dish

Serve the chermoula traybake with the garlic dip and some roughly torn coriander on top.



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