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Hake with Hazelnuts and Capers

This recipe combines the mild flavor of hake with the nuttiness of hazelnuts and the tanginess of capers. It is a delicious and easy-to-make dish that can be enjoyed as a main course. The hake fillets are coated in crushed hazelnuts and then pan-fried until golden brown. The capers add a burst of flavor and a touch of saltiness to the dish. Serve the hake with a side of roasted vegetables or a fresh salad for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	hake fillets
100 g	Hazelnuts
50 g	Capers
1 tsp	salt

1 tsp pepper

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the hazelnuts in a food processor and pulse until finely chopped.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Seasoning

Season the hake fillets with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Coat the hake fillets in the crushed hazelnuts.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Heating

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Frying

Add the hake fillets to the pan and cook for 3-4 minutes per side, or until golden brown and cooked through.

Prep Time: 0 mins

Cook Time: 8 mins

Step 7

Resting

Remove the hake fillets from the pan and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Frying

In the same pan, add the capers and cook for 2-3 minutes, or until slightly crispy.

Prep Time: 0 mins

Cook Time: 3 mins

Step 9

Serving

Serve the hake fillets topped with the crispy capers.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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