**SUPREME OF HAKE WITH TOMATOES, PEPPERS & CHORIZO**

**Serves 4**

**INGREDIENTS**

4 hake steaks

1tbsp rapeseed oil

2oz butter

25gr butter

1tbsp rapeseed oil

1 large red onion

2 cloves garlic

1 red bell pepper

1 green bell pepper

200gr chorizo sausage

500gr tinned tomatoes

1tbsp fresh oregano

Salt & pepper

METHOD

1. Heat the oil
2. Shred the red onion and add to the oil
3. Crush the garlic and add to the oil
4. Cut the chorizo into good slices then add to the oil and colour lightly
5. Clean and shred the peppers then add to the pan with butter
6. Chop the tomatoes and add to the pan with oregano, season and leave to simmer until the liquid is reduced and thickening
7. Season with salt & pepper
8. Meanwhile heat the oil and add the butter
9. Colour presentation side of the fish then turn over and season
10. Keep fish undercooked
11. Place peppers down middle of plate then put fish on top and serve