

SPICED HOKI WITH SUMMER PASTA SALAD

HEALTHY



Serves 4



Prep Time 15 minutes



Cook Time 30 minutes



INGREDIENTS

- 1 ½ cup small pasta spirals
- 410 g can **Wattie's Whole Kernel Corn**, drained
- ½ red capsicum, deseeded and diced
- ½ green capsicum, deseeded and diced
- ½ telegraph cucumber, diced

METHOD

1. Preheat the oven to 190°C fan bake.
2. Cook the pasta in plenty of boiling lightly salted water for 10-12 minutes, until al dente (firm to the bite). Drain and rinse in cold water. Drain again. Place in a mixing bowl.

- 2 spring onions, sliced
- 1 handful fresh coriander, chopped
- 400 g packet Sealord frozen Simply Seasoned Paprika Cajun Hoki Fillets

Lemon Dressing

- 3 Tbsp lemon juice
- ¼ cup olive oil
- ½ tsp brown sugar

3. Add **Wattie's Whole Kernel Corn**, red and green capsicums, cucumber, spring onions and coriander. Toss the dressing through the salad, seasoning to taste. Chill while cooking the hoki.
4. Place the Sealord frozen Simply Seasoned Paprika Cajun Hoki Fillets on a baking tray lined with baking paper. Bake for approximately 16 minutes, turning once during cooking. For conventional bake see packet instructions. Serve with the pasta salad, garnished with a lemon wedge.
5. **Lemon Dressing:** Whisk ingredients together and season to taste.