

# GRILLED HOKI WITH DILL SAUCE ON A BED OF FRESH ROCKET

## INGREDIENTS

- 1 Hoki steak (or other white fish)
- 1 tablespoon extra virgin olive oil
- 1 cup of rocket leaves (or mesclun mix)
- 1 cup of salad vegetables such as red onion, tomato, olives, cucumber
- 1 piece of pumpkin

## DILL SAUCE

- 1 teaspoon olive oil
- Juice from ½ a freshly squeezed lemon
- 2 tablespoons dried or fresh chopped dill

## METHOD

- Steam pumpkin until cooked.
- Brush both sides of Hoki with olive oil and grill under high heat for three to four minutes per side.
- Hoki is cooked when the meat is just starting to turn opaque and firm.

## SAUCE

- Warm olive oil in a small saucepan, stir in the lemon juice and add dill.
  - Spread rocket over a dinner plate, place Hoki on top and cover with warm sauce.
  - Serve salad and veggies on the side.



DETOX