

# Seared Hake with Warm Lentils & Brussels Sprouts

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-hake-recipe>

## Ingredients:

- 5 ounces brussels sprouts
- 2 cloves garlic
- 1 stalk celery
- 1 carrot
- 1 bunch chives
- 1 bunch parsley
- 1 lemon
- 1 red onion
- 1/2 cup beluga lentils
- 2 hake fillets
- 2 tablespoons all-purpose flour
- 2 tablespoons red wine vinegar

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 59 grams
3. Fat: 1 grams
4. Fiber: 24 grams
5. Protein: 18 grams
6. Sodium: 70 milligrams
7. Sugar: 7 grams

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