



UCCOOK

Asian Hake & Roasted Veg

with roasted butternut & beetroot

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Aisling Kenny

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 277kj | 1940kj |
| Energy | 66kcal | 464kcal |
| Protein | 5g | 35.1g |
| Carbs | 7g | 51g |
| of which sugars | 1g | 10g |
| Fibre | 2g | 12g |
| Fat | 1g | 7g |
| of which saturated | 0.2g | 1.1g |
| Sodium | 210mg | 1474mg |

Allergens: Fish, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |
| 750g | 1kg | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 15ml | 20ml | NOMU Seafood Rub |
| 30g | 40g | Cashew Nuts |
| 30g | 40g | Fresh Ginger <i>peel & grate</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i> |
| 75ml | 100ml | Low Sodium Soy Sauce |
| 3 | 4 | Line-caught Hake Fillets |
| 60g | 80g | Salad Leaves <i>rinse</i> |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

Oil (cooking, olive or coconut) (optional)

1. **LET'S ROAST!** Preheat the oven to 200°C. Spread the beetroot and the butternut on a roasting tray. Coat in some cooking spray or oil, the NOMU rub, and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. **LET'S TOAST!** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **MARINATION STATION** In a shallow bowl, combine the ginger, the garlic, the spring onion whites, the soy sauce and 30ml [40ml] of water. Add the hake and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

4. **FISH FRY UP** When the roast has 10 minutes remaining, place a nonstick pan over medium-high heat and lightly add cooking spray or oil. When hot, remove the fish from the marinade, reserving the marinade in the bowl, and place it in the pan, skin-side down. Fry the hake until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. In the final minute, add the reserved marinade to the pan. Baste the fish with the marinade. Remove from the heat on completion. In a bowl, combine the salad leaves, the cashew nuts and the spring onion greens.

5. **DREAM DINNER** Plate up the roasted veg and side with the perfectly cooked fish. Drizzle over any remaining marinade. Serve the fresh salad on the side. Dive right in, Chef!