



# UCCOOK

## Asian Hake & Roasted Veg

with roasted butternut & beetroot

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Aisling Kenny

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 276kJ    | 1912kJ      |
| Energy             | 66kcal   | 457kcal     |
| Protein            | 5.1g     | 35g         |
| Carbs              | 7g       | 49g         |
| of which sugars    | 1g       | 10g         |
| Fibre              | 2g       | 12g         |
| Fat                | 1g       | 7g          |
| of which saturated | 0.2g     | 1.1g        |
| Sodium             | 213mg    | 1473mg      |

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

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

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

## From Your Kitchen

Cooking Spray (or oil of your choice)  
Seasoning (salt & pepper)  
Water

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!