



UCOOK

Paul Cluver's Hake & White Wine Sauce

with minty pea purée

Using fresh herbs in your dishes is not only a great way to enhance flavour, but also to add that 'je ne sais quoi', Chef! It starts with a mint-infused pea purée, topped with crispy-skin hake fillet. Drizzled over is a creamy white wine sauce and a side of golden butternut half-moons. Garnished with fresh mint and toasted almonds.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Paul Cluver

Carb Conscious

Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
5g	Almonds <i>roughly chop</i>
1	Onion <i>peel & finely slice ½</i>
30ml	White Wine
10g	Capers <i>drain & roughly chop</i>
50ml	Fresh Cream
1	Garlic Clove <i>peel & grate</i>
100g	Peas
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
1	Line-caught Hake Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk
Blender (optional)
Paper Towel
Butter

1. BEGIN WITH THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. GOLDEN ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CAPER & CREAM SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Pour in the wine and simmer until almost all evaporated, 1-2 minutes. Mix through the chopped capers and remove from the heat. Pour in the cream and simmer until slightly thickening, 1-2 minutes. Remove from the pan and season. Reheat over a low heat before serving.

4. PEA & MINT PUREE Return the pan, wiped down, to medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated garlic and the peas until fragrant, 2-3 minutes (shifting constantly). Pour in 2 tbsp of milk and remove from the heat. Place the pea mixture in a blender with ½ the chopped mint and seasoning. Pulse into a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or a fork, pour in the milk and mix until combined.) Add water in 10ml increments if it's too thick for your liking. Set aside.

5. CRISPY HAKE Place a clean pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

6. SEAFOOD SENSATION Spread the pea purée out on the plate and top with the golden hake. Drizzle over the white wine sauce and serve the butternut half-moons alongside. Garnish with the toasted nuts and the remaining mint.



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	360kj
Energy	86kcal
Protein	4.8g
Carbs	8g
of which sugars	2.6g
Fibre	2g
Fat	2.9g
of which saturated	1.4g
Sodium	60mg

Allergens

Allium, Sulphites, Fish, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
1 Day