



UCOOK

Spicy Creamy Hake

with orzo, roasted butternut & fresh parsley

This mouth-wateringly creamy & saucy hake with a kick of spiciness will have you hooked! Loaded orzo with roasted butternut chunks & fresh parsley completes this winner of a dinner.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Painted Wolf Wines | The Den Chenin Blanc

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
75ml	Orzo Pasta
1	Line-caught Hake Fillet
1	Onion <i>peel & finely dice</i>
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Spanish Rub
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
50ml	Fresh Cream
1	Lemon <i>rinse & cut ½ into wedges</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 25-30 minutes (shifting halfway).

2. OR-ZO GOOD! Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

3. FLIPPING GOOD FISH When the butternut has 15-20 minutes remaining, place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, until crispy and golden, 3-4 minutes. Flip and fry the other side until browned but not cooked through, 2-3 minutes. Remove from the pan.

4. SPICY, CREAMY & DREAMY Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 2-3 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the sliced chilli (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cream and 50ml of water. Simmer until slightly thickened, 3-4 minutes.

5. HOOKED ON HAKE Once the sauce has thickened, add the browned hake and simmer until cooked through, 1-2 minutes. Add a squeeze of lemon juice and season.

6. FINAL FLAIR Add the roasted butternut and ½ the chopped parsley to the cooked orzo. Mix until combined.

7. INDULGE! Plate up the loaded orzo. Top with the hake and the creamy sauce. Sprinkle over the remaining parsley. Garnish with a lemon wedge. Well done, Chef!

Nutritional Information

Per 100g

Energy	378kJ
Energy	90kcal
Protein	4.4g
Carbs	12g
of which sugars	2.5g
Fibre	1.9g
Fat	2.2g
of which saturated	1.1g
Sodium	76mg

Allergens

Egg, Gluten, Allium, Wheat, Fish, Cow's Milk

Eat
Within
1 Day