

UCOOK

Citrus Hake

with curried lentils & gem squash

Celebrate the Easter holidays by sharing a beautiful meal your loved ones will love. On a hearty bed of orange-flavoured curry lentils, dotted with sweet raisins, rests a golden-seared hake fillet. Sided with roasted gem squash and a toasted almond salad.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

1	Gem Squash <i>rinse, halve & deseed</i>
10g	Almonds <i>roughly chop</i>
1	Orange <i>rinse, zest & cut ½ into wedges</i>
1	Onion <i>peel & finely slice ½</i>
2.5ml	Medium Curry Powder
60g	Tinned Lentils <i>drain & rinse</i>
10g	Raisins
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
1	Line-caught Hake Fillet

From Your Kitchen

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

1. ROASTED GEM SQUASH Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining time.

2. ALL-THE-MONDS 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. In a small bowl, combine the juice of 1 orange wedge, a drizzle of olive oil, and seasoning.

3. CURRIED AWAY Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the curry powder (to taste) and cook until fragrant, 1-2 minutes. Add the rinsed lentils and the juice of the remaining orange wedges. Cook until the sauce has reduced, 1-2 minutes. Remove from the heat. Mix in the raisins, the orange zest (to taste), and ½ the chopped dill. Season and cover.

4. ORANGE SALAD In a salad bowl, toss together the rinsed salad leaves, the toasted almonds, and the orange dressing. Set aside.

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

6. PLATE UP, CHEF! Make a bed of orange curried lentils, top with the hake, and garnish with the remaining dill. Side with the fresh salad and the roasted gem squash. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	264kJ
Energy	63kcal
Protein	4.4g
Carbs	9g
of which sugars	3.5g
Fibre	2.7g
Fat	0.8g
of which saturated	0g
Sodium	19mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish,
Tree Nuts, Cow's Milk

Cook
within 1
Day