



UCOOK

Feta & Herb Hake

with a Greek-style salad & carrot purée

A simple, tasty dinner of feta and herb-crusted hake, served with a sweet carrot purée, and a fresh salad of cucumber, olives, and onion.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

Carb Conscious

Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

240g	Carrot <i>rinse, peel & cut into thin rounds</i>
1	Onion <i>peel & roughly dice ½</i>
50g	Cucumber <i>rinse & roughly dice</i>
20g	Pitted Kalamata Olives <i>drain</i>
15ml	Balsamic Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
20g	Danish-style Feta <i>drain & crumble</i>
1	Line-caught Hake Fillet

From Your Kitchen

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

1. AROMATICS Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the carrot rounds and ½ the chopped onion until slightly softened and starting to brown, 2-3 minutes (shifting occasionally). Pour in 200ml of boiling water, cover with the lid, and simmer until the carrots are soft, 8-10 minutes.

2. GREEK SALAD In a salad bowl, combine the cucumber, the drained olives, the remaining onion (to taste), the balsamic vinegar, a drizzle of olive oil, and seasoning. Just before serving, toss through the shredded salad leaves. In a separate bowl, combine ½ the chopped dill with the crumbled feta.

3. PURÉE When the carrots are soft, remove from the pot and place in a blender with any remaining water from the pot. Add a knob of butter and seasoning. Blend until a smooth purée, adding more boiling water if necessary. Cover and set aside.

4. FRY THE FISH Pat the hake dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the fish, skin-side down, until the skin is crispy and golden, 3-5 minutes. Flip, add a knob of butter, and fry until cooked through, 2-3 minutes (constantly basting the fish with the butter). Remove from the pan.

5. FISH FEAST Smear the carrot purée on one side of the plate. Place the hake on top. Coat the fish in the dill & feta mix. Side with the fresh Greek-style salad and sprinkle over the remaining dill. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	250kj
Energy	60kcal
Protein	4.5g
Carbs	6g
of which sugars	3.2g
Fibre	1.5g
Fat	1.4g
of which saturated	0.6g
Sodium	94mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day