

# 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 60 minutes


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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Carb Conscious

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 Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

4	Gem Squash <i>rinse, halve &amp; deseed</i>
40g	Almonds <i>roughly chop</i>
2	Oranges <i>rinse, zest &amp; cut into wedges</i>
2	Onions <i>peel &amp; finely slice</i>
10ml	Medium Curry Powder
240g	Tinned Lentils <i>drain &amp; rinse</i>
40g	Raisins
10g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
4	Line-caught Hake Fillets

## 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, 30-35 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 4 orange wedges, 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, 7-8 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, 2-3 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