



# UCCOOK

## Mpho's Hake & Bombay Sweet Potato

**with a garam masala tomato sauce & caper butter green beans**

With intense aromas and complex flavours, this dish is an ode to my mom's cooking. My cheeky take on Bombay potato features sweet potato in a rich curry sauce — taste it as you go, and give it loads of love! A divine match for luscious hake and beans drizzled in lemon caper butter.

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**Hands-On Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Mpho Deane

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 Health Nut

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 Delheim Wines | Pinotage Rosé

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## Ingredients & Prep

1kg	Sweet Potato
400g	Green Beans
2	Onions <i>peeled &amp; finely diced</i>
45ml	Bombay Spice Mix <i>(40ml NOMU Garam Masala Rub &amp; 5ml Cumin Seeds)</i>
60g	Fresh Ginger <i>peeled &amp; grated</i>
2	Fresh Chillies <i>deseeded &amp; finely sliced</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
400ml	Cooked Chopped Tomato
40g	Capers
4	Line-caught Hake Fillets
2	Lemons <i>cut into wedges</i>
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. TAKE IT AWAY, CHEF!** Preheat the oven to 180°C. Rinse the sweet potato and cut into bite-sized chunks. Spread out on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until softened but not cooked through, shifting halfway. Remove from the oven on completion.

**2. SNAPPY GREENS** Rinse the green beans, top and tail, and slice into thirds. Place a pan over a medium-high heat with a splash of water to cover the base. Once bubbling, simmer for 5-6 minutes until cooked al dente. Remove from the pan, drain if necessary, and set aside.

**3. A TASTE OF BOMBAY** When the sweet potato has about 15 minutes remaining, place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft. Add in the spice mix, the grated ginger,  $\frac{3}{4}$  of the sliced chilli (or to taste), and  $\frac{1}{2}$  of the grated garlic. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato and simmer for 6-10 minutes until slightly reduced and thickened, stirring occasionally.

**4. SAUCY POTATOES** When the bombay sauce has reduced, season with salt, pepper, and 2 tsp of a sweetener of choice. Add in the sweet potatoes and simmer for another 10-12 minutes until cooked through, stirring occasionally.

**5. IN THE MEANTIME...** Wipe down the pan and return to a medium heat with a drizzle of oil and a generous knob of butter. Drain any liquid from the capers. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake skin-side down for 2-4 minutes until crispy. Flip and add in the remaining garlic, the capers, the juice of 1 lemon wedge, the green beans, and  $\frac{3}{4}$  of the chopped coriander. Fry for about 3 minutes until the hake is cooked through, gently stirring the other ingredients to combine. Remove the hake from the pan on completion.

**6. EAT UP** Dish up the fragrant hake and green beans, and pour over the caper butter from the pan. Plate the spicy bombay sweet potatoes on the side. Garnish with a lemon wedge, the remaining coriander, and the remaining chilli to taste. Utterly delicious!



## Chef's Tip

Hake is a great source of high-value protein, vitamins, and minerals. It's also low in fat and calories, making this versatile fish the perfect choice for healthy protein!

## Nutritional Information

Per 100g

Energy	274kJ
Energy	66Kcal
Protein	4g
Carbs	10g
of which sugars	3.7g
Fibre	2.4g
Fat	0.6g
of which saturated	0g
Sodium	98mg

## Allergens

Dairy, Allium, Fish

Cook  
within 1  
Day