



Eat Within 1 Day

UCCOOK

Chipotle Hake & Sweet Potato

with cucumber & almonds

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Caitlin Swanepoel

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	334kJ	1552kJ
Energy	80kcal	371kcal
Protein	6.1g	28.4g
Carbs	8g	39g
of which sugars	3.1g	14.6g
Fibre	1.5g	7g
Fat	1.6g	7.2g
of which saturated	0.1g	0.4g
Sodium	130mg	604mg

Allergens: Cow's Milk, Allium, Sulphites, Fish, Tree Nuts

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Sweet Potato Chunks
15ml	20ml	NOMU Spanish Rub
3	4	Line-caught Hake Fillets
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
45ml	60ml	Lemon Juice
150g	200g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Salad Leaves <i>rinse</i>
30g	40g	Almonds <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. ROAST Coat the sweet potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. HAKE When the roast has 8-10 minutes to go, place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. In the final 30-60 seconds, baste with a knob of butter and the chipotle chillies. Remove from the pan and season.

3. SALAD In a salad bowl, combine the lemon juice with a drizzle of olive oil, and mix to emulsify. Add the cucumber, the salad leaves, the nuts, and season.

4. TIME TO EAT Dish up the sweet potatoes, side with the hake, and drizzle over the pan juices. Serve the salad on the side and enjoy, Chef!