



UCOOK

Golden Hake & Spicy Corn Salad

with fresh coriander & carrot wedges

Flaky & delicate hake is coated in a seafood rub, baked to perfection and sided with caramelised oven-roasted carrot wedges. The dish is elevated with a spicy corn & bean salad tossed with fresh salad leaves. A tangy sour cream drizzle adds a creamy final touch.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemell Willemborg

Carb Conscious

Groote Post Winery | Groote Post Chenin Blanc

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Ingredients & Prep

| | |
|------|--|
| 240g | Carrot <i>rinse, trim, peel & cut into wedges</i> |
| 10g | Sunflower Seeds |
| 1 | Hake Fillet |
| 5ml | NOMU Spanish Rub |
| 30ml | Sour Cream |
| 50g | Corn |
| 5ml | Dried Chilli Flakes |
| 60g | Black Beans <i>drain & rinse</i> |
| 20g | Salad Leaves <i>rinse & roughly shred</i> |
| 3g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

1. LIVING ON A WEDGE Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, sprinkle over the sunflower seeds.

2. THERE GOES THE FISH When the carrot wedges have 15-20 minutes remaining, pat the hake dry with paper towel. Place on a lightly greased baking tray (or the tray with the carrot wedges), skin-side down. Coat in oil, the NOMU rub, and seasoning. Bake in the hot oven until cooked through and flakey, 15-20 minutes.

3. DASHING DRIZZLE In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

4. SPICY SALSA Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Add the chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat, toss through the drained beans, and set aside.

5. VEGGIE MEDLEY Just before serving, toss the corn & bean mix with the rinsed salad leaves, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED Plate up the golden hake. Side with the carrot wedges & sunflower seeds and the corn salad. Drizzle over the loosened sour cream and sprinkle over the chopped parsley. Delish work, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 340kj |
| Energy | 81kcal |
| Protein | 5.9g |
| Carbs | 9g |
| of which sugars | 2.8g |
| Fibre | 2.1g |
| Fat | 2.3g |
| of which saturated | 0.7g |
| Sodium | 109mg |

Allergens

Cow's Milk, Allium, Fish

Eat
Within
1 Day