

UCCOOK

Hake & White Wine Sauce

with a creamy pea purée

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	361kj	2705kj
Energy	86kcal	647kcal
Protein	4.8g	36.3g
Carbs	8g	61g
of which sugars	2.6g	19.2g
Fibre	2g	14.7g
Fat	2.9g	21.8g
of which saturated	1.4g	10.7g
Sodium	60mg	452mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
5g	10g	Almonds <i>roughly chop</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
30ml	60ml	White Wine
10g	20g	Capers <i>drain & roughly chop</i>
50ml	100ml	Fresh Cream
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Peas
1	2	Line-caught Hake Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk
Blender (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. BEGIN WITH THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CAPER & CREAM SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Pour in the wine and simmer until almost all evaporated, 1-2 minutes. Mix through the capers and remove from the heat. Pour in the cream and simmer until slightly thickening, 1-2 minutes. Remove from the pan and season. Reheat over a low heat before serving.

4. PEA PUREE Return the pan, wiped down, to medium heat with a knob of butter and a drizzle of oil. Fry the garlic and the peas until fragrant, 2-3 minutes (shifting constantly). Pour in 2 [4] tbsp of milk and remove from the heat. Place the pea mixture in a blender and seasoning. Pulse into a smooth purée. (Alternatively, if you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or a fork, pour in the milk and mix until combined.) Add water in 10ml increments if it's too thick for your liking. Set aside.

5. CRISPY HAKE Place a clean pan over medium heat with a drizzle of oil and a knob of butter (optional). 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. Remove from the pan and season.

6. SEAFOOD SENSATION Spread the pea purée out on the plate and top with the golden hake. Drizzle over the white wine sauce and serve the butternut half-moons alongside. Garnish with the nuts.