



UCCOOK

Hake & Herbed Potato Bake

with Danish-style feta & crispy onion bits

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 1 & 2

Chef: Morgan Otten

Nutritional Info	Per 100g	Per Portion
Energy	350kj	1935kj
Energy	84kcal	463kcal
Protein	6.2g	34.3g
Carbs	10g	57g
of which sugars	2g	10g
Fibre	2g	9g
Fat	1.8g	10g
of which saturated	0.8g	4.6g
Sodium	128mg	708mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Garlic Clove <i>peel & grate</i>
2,5ml	5ml	Dried Thyme
5ml	10ml	Cornflour
30ml	60ml	Low Fat UHT Milk
200g	400g	Potato <i>rinse, peel (optional) & cut into thin rounds</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	2	Line-caught Hake Fillet/s
5ml	10ml	NOMU Seafood Rub
10ml	20ml	Lemon Juice
20g	40g	Danish-style Feta <i>drain & crumble</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. SOME PREP Preheat the oven to 200°C. Place a pan over medium heat. When hot, add the garlic, thyme, and the flour. Lightly coat with cooking spray or oil and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the milk and 60ml [120ml] of water. Mix until combined and remove from the heat.

2. FANCY TATERS Coat a small roasting dish with cooking spray or a drizzle of oil and layer the potato in the tray. Pour over the garlic-milk mixture and season. Place in the oven and roast until cooked through and golden, 35-40 minutes. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature.

3. CRISPY CARROTS Spread the carrot on a separate roasting tray. Coat in cooking spray or a drizzle of 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).

4. HEAVENLY HAKE When the potato has about 8 minutes remaining, pat the hake dry with paper towel and coat in cooking spray or a drizzle of oil. Place another pan over medium-high heat. When hot, fry the fish until golden and cooked through, 3-4 minutes per side (depending on the thickness of the fish fillet). In the final minute, spice with the NOMU rub and the lemon juice (to taste). Remove from the pan and season.

5. SENSATIONAL SIDE When the carrots are done, toss through the feta, parsley and the crispy onion bits. Set aside.

6. BON APPÉTIT Plate up the creamy potato dauphinoise (leaving behind any excess sauce). Side with the lemony hake and the carrot feta salad. Good job, Chef!