



UCOOK

Herb Dusted Hake & Creamed Spinach

with roasted carrot & onion wedges

A pea crumb is pan-fried to a golden hue with a touch of butter & parsley, adding a flavourful crunch to a tender hake fillet. Sided with golden carrot & onion wedges, and a luscious creamed spinach featuring a rich blend of crème fraîche & garlic. So indulgent!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Chris Dugmore

Carb Conscious

Strandveld | First Sighting Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges & finely dice ½</i>
40ml	Fish Crumb <i>(30ml Pea Crumb & 10ml NOMU Italian Rub)</i>
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	Garlic Clove <i>peel & grate</i>
60ml	Crème Fraîche
100g	Spinach <i>rinse & roughly shred</i>
2	Line-caught Hake Fillets

From Your Kitchen

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

1. ROAST VEG WEDGES Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). At the halfway mark, coat the onion wedges in oil and season. Roast for the remaining time.

2. PARSLEY CRUMB Place a pan over medium-high heat with 20g of butter. When hot, fry the fish crumb until beginning to brown, 1-2 minutes (shifting occasionally). Toss through ½ the chopped parsley and seasoning. Remove from the pan and set aside.

3. CRÈMED SPINACH Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the crème fraîche, the shredded spinach, and 100ml of warm water. Reduce the heat and simmer until starting to thicken, 3-4 minutes. If it's too thick for your liking, loosen with an extra splash of water. Remove and season.

4. FRY UP Place a 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.

5. DIVE IN! Serve the roasted carrot & onion alongside the golden hake topped with the herby crumb. Side with the creamed spinach. Scatter over the remaining parsley. Cheers, Chef!



Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway). At the halfway mark, coat the onion wedges in oil and season. Add to the roast for the remaining time.

Nutritional Information

Per 100g

Energy	296kJ
Energy	71kcal
Protein	4.9g
Carbs	7g
of which sugars	3.1g
Fibre	1.7g
Fat	2.4g
of which saturated	1.2g
Sodium	125mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day