

UCOOK

3-Step Middle Eastern Hake

with a dukkah crust, roast carrot wedges & hummus

Here, nutty dukkah elevates line-caught hake, served with hummus slaw, carrot wedges, and a tahini-honey drizzle. The fish in the image is basa, but due to a last-minute short supply this week, we've elevated this to a hake dish!

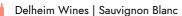
Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Lauren Todd





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Ingredients & Prep

600g Carrot
peeled, trimmed & cut into
wedges

100ml Hummus
1 Lemon

zested & cut into wedges

150g Shredded Cabbage & Julienne Carrot

Fresh Parsley rinsed, picked & roughly chopped

15ml Honey 60ml Tahini

5g

2 Line-caught Hake Fillets

30ml Dukkah40g Green Leaves

rinsed

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper

Water

Paper Towel

- **1. SWEET AMBER WEDGES** Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until soft and caramelised, shifting halfway.
- 2. SLAW, TAHINI DRIZZLE & FRESH LEAVES Place the hummus in a bowl large enough for the slaw. Add a squeeze of lemon juice to taste and loosen with water in 5ml increments until drizzling consistency. Add in the cabbage and carrot and ¾ of the chopped parsley. Season to taste and toss until coated. In a small bowl, combine the tahini and honey with warm water in 5ml increments until drizzling consistency. Toss the rinsed green leaves with a drizzle of olive oil and some seasoning. Set aside the leaves, slaw, and tahini dressing until serving.
- 3. SPICE & BAKE THE HAKE When the carrots reach the halfway mark, pat the hake dry with paper towel and place on a roasting tray. Coat in oil, the lemon zest to taste, and ½ of the dukkah. Bake in the oven for 15-20 minutes until cooked through and flaky.
- 4. DISH UP THIS SUPER EASY NUMBER! Plate the dressed leaves, roast carrots, spiced hake, and hummus slaw alongside one another. Drizzle over the tahini dressing and sprinkle with the remaining parsley. Finish off by garnishing with the remaining dukkah and a lemon wedge. And there you have it just like that!



If the honey is too hard to pour, pop it in the microwave for 5-10 seconds before use.

Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	4.6g
Carbs	10g
of which sugars	4.4g
Fibre	2.8g
Fat	3.8g
of which saturated	0.6g
Sodium	118mg

Allergens

Allium, Sesame, Sulphites, Fish, Tree Nuts

Cook
within 2
Days