

# UCOOK

## Hake & Carrot Beetroot Slaw

**with fresh coriander & a citrus dressing**

Citrus and spice are in the culinary spotlight with this recipe, Chef! This delicious duo elevates pan-seared hake fillet with dollops of spiced citrus dressing-infused yoghurt with herbaceous coriander, together with a serving of oven-roasted kale & earthy beetroot coated in lime & orange juice. Finished with toasted seeds.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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Adventurous Foodie

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

800g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
400g	Kale <i>rinse &amp; roughly shred</i>
40g	Seed Mix <i>(20ml White Sesame Seeds &amp; 20g Sunflower Seeds)</i>
240ml	Citrus Dressing <i>(80ml Lemon Juice &amp; 160ml Orange Juice)</i>
20ml	Spice Mix <i>(10ml Ground Cumin &amp; 10ml Ground Ginger)</i>
160ml	Low Fat Plain Yoghurt
10g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
480g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
20g	Dried Pomegranate Gems
40g	Golden Sultanas <i>roughly chop</i>
4	Line-caught Hake Fillets
30ml	NOMU Seafood Rub

## From Your Kitchen

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

**1. ROASTED BEET & KALE** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, massage until softened and coated. In the final 10 minutes, remove the beetroot from the oven and scatter over the kale. Roast for the remaining time until crispy.

**2. TOASTED SEEDS** Place the seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CITRUS DRESSING** In a bowl, combine the citrus dressing, the spice mix, 80ml of olive oil, and seasoning. In a separate bowl, mix together ¼ of the spiced citrus dressing, the yoghurt, ½ the chopped coriander, and seasoning.

**4. SWEET, SPICY SALAD** In a salad bowl, toss together the crispy kale, the roasted beetroot, the carrot matchsticks, the pomegranate gems, the chopped sultanas, and the remaining spiced citrus dressing.

**5. HEAVENLY HAKE** Return the pan to medium heat with a drizzle of oil and a knob of butter. 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. In the final 1-2 minutes, add the NOMU rub. Remove from the pan and season.

**6. SENSATIONAL SEAFOOD DINNER** Plate up the dressed beetroot & carrot salad. Scatter over the toasted seeds and garnish with the remaining coriander. Dollop over the coriander yoghurt. Side with the golden hake.

## Nutritional Information

Per 100g

Energy	262kJ
Energy	63kcal
Protein	4.9g
Carbs	7g
of which sugars	3.1g
Fibre	2.2g
Fat	1.3g
of which saturated	0.2g
Sodium	124mg

## Allergens

Allium, Sesame, Sulphites, Fish, Cow's Milk

Eat  
Within  
1 Day