



# UCOOK

## Pan-fried Hake & Leek Risotto

with a sage-infused walnut & sultana  
burnt butter

Only one symbol can sum up this meal, Chef! The heart-eyes emoji! A delicately balanced yet deeply rich risotto, made with leeks, beetroot, & white wine, is topped with a line-caught hake fillet. Drizzled over is a lipsmacking sultana & walnut mix that has soaked up a sage-infused butter.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Jemimah Smith

---

Adventurous Foodie

---

Doos Wine | Doos Dry White 3L

---

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

## Ingredients & Prep

100g	Leeks <i>trim at the base &amp; cut in half lengthways</i>
30g	Saltana & Nut Mix <i>(20g Walnuts &amp; 10g Golden Sultanas)</i>
1	Chicken Stock Sachet
100ml	Risotto Rice
50g	Beetroot Chunks <i>roughly chop</i>
30ml	White Wine
40ml	Grated Italian-style Hard Cheese
1	Line-caught Hake Fillet
5ml	Spice & All Things Nice Cape Bay Seasoning
5g	Fresh Sage <i>rinse, pick &amp; dry</i>
10ml	Lemon Juice

## From Your Kitchen

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

**1. PREP STEP** Boil the kettle. Thoroughly rinse the leek halves and then finely slice. Set aside. Roughly chop the walnuts and sultanas and set aside.

**2. READY THE RISOTTO** Dilute ½ the stock with 600ml of boiling water. Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the sliced leeks and chopped beetroot until soft, 4-5 minutes (shifting occasionally). Add the risotto rice and fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until reduced, 1-2 minutes. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Remove from the heat and stir through the grated cheese, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

**3. HEAVENLY HAKE** 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. In the final minute, baste with the Cape Bay seasoning, then remove from the pan and season.

**4. NUTTY SULTANAS & SAGE** Return the pan, wiped down, to medium heat. Toast the chopped saltana & nut mix until golden brown, 2-4 minutes (shifting occasionally). Add 20g of butter. Once foaming, add the dried sage leaves. Cook until the sultanas are plumped, 1 minute. Remove from the heat.

**5. DIVE INTO DINNER** Generously pile up the colourful risotto. Lay over the golden hake and drizzle with the sage-infused walnut & saltana butter. Scatter over the crispy sage leaves and drizzle over the lemon juice (to taste). Wow!

## Nutritional Information

Per 100g

Energy	651kJ
Energy	156kcal
Protein	8.2g
Carbs	19g
of which sugars	3.2g
Fibre	1.4g
Fat	4.1g
of which saturated	0.8g
Sodium	298mg

## Allergens

Cow's Milk, Egg, Allium, Sulphites, Fish, Tree Nuts, Alcohol

Eat  
Within  
1 Day