

Eat Within 1 Day

UCOOK

Villiera's Crumbed Hake & Pesto Slaw

with fresh chives

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Villiera Wines | Villiera Tradition Brut

Nutritional Info	Per 100g	Per Portion
Energy	389kJ	2153kJ
Energy	93kcal	515kcal
Protein	7.1g	39g
Carbs	8g	46g
of which sugars	2.2g	12.3g
Fibre	1.9g	10.5g
Fat	4.7g	26g
of which saturated	1g	5.6g
Sodium	103mg	571mg

Allergens: Sulphites, Egg, Fish, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Pumpkin Chunks
30g	40g	Almonds
22.5ml	30ml	Cornflour
15ml	20ml	NOMU Fisherman's Blend
125ml	160ml	Pea Crumb
3	4	Line-caught Hake Fillets *pat dry*
300g	400g	Cabbage *finely shred*
150ml	200ml	Creamy Pesto *(30ml [40ml] Pesto Princess Basil Pesto,30ml [40ml] Tangy Mayo & 90ml [120ml] Low Fat Yoghurt)*
8g	10g	Fresh Chives *rinse & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Paper Towel

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. EXTRA CRISPY COATING Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing the cornflour (seasoned lightly) and NOMU rub, and the other containing the pea crumb. Pat the fish dry with paper towel and season it well. Coat the fish in the flour mixture, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Set aside.

4. CREAMY CABBAGE In a bowl, mix together the cabbage, creamy pesto and seasoning. Set aside.

5. CRISP IT UP Place a pan over medium-high heat with enough oil to cover the base. Fry the crumbed fish until golden and cooked through, 2-3 minutes per side. You may need to do this step in batches. Remove from the pan and drain on paper towel.

6. SO-GOOD SEAFOOD Plate up the golden fish, garnishing it with the chives. Plate up the golden pumpkin chunks and creamy pesto slaw. Dinner is ready, Chef!

Chef's Tip If your pumpkin chunks vary greatly in size, cut the bigger ones so they all cook in a similar timeframe.