



UCCOOK

Herb-Dusted Hake & Creamed Spinach

with roasted carrot & onion wedges

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Chris Dugmore

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	298kJ	1919kJ
Energy	71kcal	459kcal
Protein	4.9g	31.8g
Carbs	8g	48g
of which sugars	3.2g	20.4g
Fibre	1.8g	11.4g
Fat	2.4g	15.3g
of which saturated	1.2g	7.7g
Sodium	138mg	888mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut ½ into wedges & finely dice ½</i>
60ml	80ml	Fish Crumb <i>(45ml [60ml] Pea Crumb & 15ml [20ml] NOMU Italian Rub)</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
2	2	Garlic Cloves <i>peel & grate</i>
90ml	125ml	Crème Fraîche
150g	200g	Spinach <i>rinse & roughly shred</i>
3	4	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. ROAST VEG WEDGES Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). At the halfway mark, coat the onion wedges in oil, season and add to the tray of carrots. Roast for the remaining time. Alternatively, air fry at 200°C for 20-25 minutes. In the final 8-10 minutes, add the onion.

2. PARSLEY CRUMB Place a pan over medium-high heat with 30g [40g] of butter. When hot, fry the fish crumb until beginning to brown, 2-3 minutes (shifting occasionally). Toss through ½ the 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, and fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the crème fraîche, the spinach, and 150ml [200ml] of warm water. Reduce the heat and simmer until starting to thicken, 5-6 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 and onion alongside the golden hake topped with the herby crumb. Side with the creamed spinach. Scatter over the remaining parsley. Cheers, Chef!