



UCCOOK

Mpho's Hake & Bombay Sweet Potato

with a garam masala tomato sauce & caper butter green beans

With intense aromas and complex flavours, this dish is an ode to my mom's cooking. My cheeky take on Bombay potato features sweet potato in a rich curry sauce — taste it as you go, and give it loads of love! A divine match for luscious hake and beans drizzled in lemon caper butter.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Mpho Deane

 Health Nut

 Delheim Wines | Pinotage Rosé

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Ingredients & Prep

500g	Sweet Potato
200g	Green Beans
1	Onion <i>peeled & finely diced</i>
22,5ml	Bombay Spice Mix <i>(20ml NOMU Garam Masala Rub & 2,5ml Cumin Seeds)</i>
30g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
200ml	Cooked Chopped Tomato
20g	Capers
2	Line-caught Hake Fillets
1	Lemon <i>cut into wedges</i>
8g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Sugar/Sweetener/Honey
Paper Towel
Butter

1. TAKE IT AWAY, CHEF! Preheat the oven to 180°C. Rinse the sweet potato and cut into bite-sized chunks. Spread out on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until softened but not cooked through, shifting halfway. Remove from the oven on completion.

2. SNAPPY GREENS Rinse the green beans, top and tail, and slice into thirds. Place a pan over a medium-high heat with a splash of water to cover the base. Once bubbling, simmer for 4-5 minutes until cooked al dente. Remove from the pan, drain if necessary, and set aside.

3. A TASTE OF BOMBAY When the sweet potato has about 10 minutes remaining, place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 4-6 minutes until soft. Add in the spice mix, the grated ginger, $\frac{3}{4}$ of the sliced chilli (or to taste), and $\frac{1}{2}$ of the grated garlic. Fry for 1-2 minutes until fragrant, shifting constantly. Stir in the cooked chopped tomato and simmer for 4-6 minutes until slightly reduced and thickened, stirring occasionally.

4. SAUCY POTATOES When the bombay sauce has reduced, season with salt, pepper, and 1 tsp of a sweetener of choice. Add in the sweet potatoes and simmer for another 8-10 minutes until cooked through, stirring occasionally.

5. IN THE MEANTIME... Wipe down the pan and return to a medium heat with a drizzle of oil and a generous knob of butter. Drain any liquid from the capers. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake skin-side down for 2-4 minutes until crispy. Flip and add in the remaining garlic, the capers, the juice of 2 lemon wedges, the green beans, and $\frac{3}{4}$ of the chopped coriander. Fry for 3-4 minutes until the hake is cooked through, gently stirring the other ingredients to combine. Remove the hake from the pan on completion.

6. EAT UP Dish up the fragrant hake and green beans, and pour over the caper butter from the pan. Plate the spicy bombay sweet potatoes on the side. Garnish with a lemon wedge, the remaining coriander, and the remaining chilli to taste. Utterly delicious!



Chef's Tip

Hake is a great source of high-value protein, vitamins, and minerals. It's also low in fat and calories, making this versatile fish the perfect choice for healthy protein!

Nutritional Information

Per 100g

Energy	274kJ
Energy	66Kcal
Protein	4g
Carbs	10g
of which sugars	3.7g
Fibre	2.4g
Fat	0.6g
of which saturated	0g
Sodium	98mg

Allergens

Dairy, Allium, Fish

Cook
within 1
Day