



UCCOOK

Hake & Herbed Potato Bake

with Danish-style feta & crispy onion bits

Hands-on Time: 40 minutes

Overall Time: 65 minutes

Calorie Conscious: Serves 3 & 4

Chef: Morgan Otten

Nutritional Info	Per 100g	Per Portion
Energy	350kj	1935kj
Energy	84kcal	463kcal
Protein	6.2g	34.3g
Carbs	10g	57g
of which sugars	2g	10g
Fibre	2g	9g
Fat	1.8g	10g
of which saturated	0.8g	4.6g
Sodium	128mg	708mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Garlic Cloves <i>peel & grate</i>
7.5ml	10ml	Dried Thyme
15ml	20ml	Cornflour
90ml	120ml	Low Fat UHT Milk
600g	800g	Potato <i>rinse, peel (optional) & cut into thin rounds</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
3	4	Line-caught Hake Fillets
15ml	20ml	NOMU Seafood Rub
30ml	40ml	Lemon Juice
60g	80g	Danish-style Feta <i>drain & crumble</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
15g	20g	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. SOME PREP Preheat the oven to 200°C. Place a pan over medium heat. When hot, add the garlic, thyme, and the flour. Lightly coat with cooking spray or oil and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the milk and 180ml [240ml] of water. Mix until combined and remove from the heat.

2. FANCY TATERS Coat a small roasting dish with cooking spray or a drizzle of oil and layer the potato in the tray. Pour over the garlic-milk mixture and season. Place in the oven and roast until cooked through and golden, 40-45 minutes. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature.

3. CRISPY CARROTS Spread the carrot on a separate roasting tray. Coat in cooking spray or a drizzle of oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

4. HEAVENLY HAKE When the potato has about 8 minutes remaining, pat the hake dry with paper towel and coat in cooking spray or a drizzle of oil. Place another pan over medium-high heat. When hot, fry the fish until golden and cooked through, 3-4 minutes per side (depending on the thickness of the fish fillet). In the final minute, spice with the NOMU rub and the lemon juice (to taste). Remove from the pan and season.

5. SENSATIONAL SIDE When the carrots are done, toss through the feta, parsley and the crispy onion bits. Set aside.

6. BON APPÉTIT Plate up the creamy potato dauphinoise (leaving behind any excess sauce). Side with the lemony hake and the carrot feta salad. Good job, Chef!