



U C O O K

— COOKING MADE EASY

Carb-Conscious Hake Piccata

with roast butternut mash, fresh lemon & a zesty salad

Piccata is a simple yet elegant Italian sauce made from capers, lemon, and butter. We've added garlic and fresh parsley for even more flavour and served it dripped over a fillet of sustainably-caught grilled hake.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

1kg	Butternut Chunks <i>cut into bite-size pieces</i>
40g	Pumpkin Seeds
3	Lemon <i>zested</i>
4	Hake Fillet
400g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
80g	Green Leaves <i>rinsed</i>
4	Garlic Clove <i>peeled & grated</i>
80g	Capers <i>drained & roughly chopped</i>
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. SWEET ROAST BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. POP DEM SEEDS! Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. PREP YOUR FISH FILLETS Halve the zested lemons. Slice off 8 circles and cut the rest into wedges. Pat the hake dry with some paper towel and place skin-side down on a lightly greased baking tray. Coat in oil, season, and top with the lemon slices.

4. POP IN THE HAKE & BLANCH THE BEANS When the butternut reaches the halfway mark, bake the hake for 15-20 minutes until cooked through and flakey. (The exact time will depend on the thickness of the fillets.) Boil the kettle. Place a deep pan over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain on completion and run under cold water to stop the cooking process. Place in a bowl and toss through the rinsed green leaves, some lemon zest, a drizzle of oil, and some seasoning. Set aside for serving.

5. PICCATA SAUCE & BUTTERY MASH When the hake is nearing completion, return the pan to a medium heat with a drizzle of oil and a generous knob of butter. When beginning to foam, sauté the grated garlic, chopped capers, and lemon zest (to taste) for 2-3 minutes until fragrant. Stir in three-quarters of the chopped parsley, the juice of 4 lemon wedges, and some seasoning. Remove from the heat on completion. When the butternut is ready, place in a bowl with some seasoning and a small knob of butter or a drizzle of oil. Mash with a fork until the flesh is smooth and the butter has melted (if used).

6. A FINE WAY TO DINE Serve up the flaky hake and smother in piccata sauce. Side with the zesty green salad, some roast butternut mash, and a lemon wedge. Sprinkle with the toasted pumpkin seeds and remaining chopped parsley. Delish, Chef!



Chef's Tip

To cook food 'al dente' means to cook it so that it's still firm when bitten. It should be tender, but not soft. This typically refers to pasta, but can also apply to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes! In the case of your green beans, they should still have a slight snap to them when cooked.

Nutritional Information

Per 100g

Energy	283kj
Energy	68Kcal
Protein	5.5g
Carbs	8g
of which sugars	1.8g
Fibre	2.3g
Fat	0.9g
of which saturated	0.2g
Sodium	109mg

Allergens

Allium, Fish

Cook
within 1
Day