

# QCOOK

## Grilled Hake & Creamy Slaw

with roasted butternut

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	295kj	2039kj
Energy	71kcal	488kcal
Protein	4.7g	32.5g
Carbs	8g	54g
of which sugars	2g	16g
Fibre	2g	12g
Fat	2g	13.9g
of which saturated	0.2g	1.7g
Sodium	80.1mg	552.9mg

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

**Spice Level:** None

Eat Within 1 Day



## Ingredients & Prep Actions:

---

Serves 3 [Serves 4]

750g	1kg	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
300g	400g	Shredded Cabbage & Julienne Carrots
2	2	Spring Onions <i>rinse, trim &amp; finely slice</i>
150ml	200ml	Creamy Mayo <i>(90ml [120ml] Greek Yoghurt &amp; 60ml [80ml] Mayo)</i>
2	2	Lemons <i>rinse, zest &amp; cut 1½ [2] into wedges</i>
3	4	Line-caught Hake Fillets
15ml	20ml	NOMU Seafood Rub

## From Your Kitchen

---

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

**1. ROAST** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. 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).

**2. SLAW** In a bowl, combine the slaw mix, spring onion, creamy mayo, lemon zest (to taste), lemon juice (to taste), and season to taste. Set aside in the fridge.

**3. FISH** Pat the hake dry with paper towel, lightly coat with cooking spray or oil (optional), the NOMU rub and season. Place skin-side down on a baking tray and place in the hot oven until golden, 15-20 minutes.

**4. DINNER IS READY** Dish up the butternut, side with the fish and the creamy slaw. Cheers, Chef!