



U C O O K

— COOKING MADE EASY

Sourdough-Crusted Hake

**with sweet potato wedges & a
cashew-pesto crème**

The crème de la crème of fish dinners. Roast sweet potato, dairy-free basil and lemon pesto, and cashew cream cheese are a divine accompaniment for line-caught hake in a crispy crust of sourdough breadcrumbs.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
30ml	Cake Flour
5ml	NOMU Seafood Rub
50ml	Sourdough Breadcrumbs
1	Hake Fillet
15ml	Pesto Princess Basil & Lemon Pesto (Dairy-Free)
30ml	Cashew Nut Cream Cheese
20g	Salad Leaves <i>rinsed</i>
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel

1. ROAST THE WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. CRUMB THE HAKE Whisk 1 egg in a shallow dish with 1 tsp of water. In a second shallow dish, combine the flour with the Seafood Rub. Prepare a third shallow dish containing the breadcrumbs. Pat the hake fillet dry with some paper towel. Coat in the flour mixture and then in the egg. Lastly, coat in the breadcrumbs, gently pressing them into the flesh so they stick and coat evenly. Dust off any excess in between coatings.

3. FRIED FISH FILLET When the wedges have 10 minutes remaining, place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the hake for 2-3 minutes per side, keeping a close eye on the crumb so it doesn't burn. Once cooked through and golden, remove from the pan and allow to drain on some paper towel for 5 minutes before serving.

4. CLASSY SIDES Combine the pesto with the cashew cream cheese and season to taste. Toss the rinsed salad leaves with the chopped olives, a drizzle of oil, and some seasoning.

5. WHAT A FEAST! Plate up the golden hake alongside the olive salad and the crispy wedges. Serve with a big dollop of cashew-pesto crème for dipping. Dive in, Chef!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

Nutritional Information

Per 100g

Energy	486kj
Energy	116Kcal
Protein	6.7g
Carbs	14g
of which sugars	3g
Fibre	1.7g
Fat	2.3g
of which saturated	0.1g
Sodium	216mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish,
Tree Nuts

Cook
within 1
Day