

UCOOK

Hake & Carrot Beetroot Slaw

with fresh coriander & a citrus dressing

Citrus and spice are in the culinary spotlight with this recipe, Chef! This delicious duo elevates pan-seared hake fillet with dollops of spiced citrus dressing-infused yoghurt with herbaceous coriander, together with a serving of oven-roasted kale & earthy beetroot coated in lime & orange juice. Finished with toasted seeds.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
100g	Kale <i>rinse & roughly shred</i>
10g	Seed Mix <i>(5ml White Sesame Seeds & 5g Sunflower Seeds)</i>
60ml	Citrus Dressing <i>(20ml Lemon Juice & 40ml Orange Juice)</i>
5ml	Spice Mix <i>(2,5ml Ground Cumin & 2,5ml Ground Ginger)</i>
40ml	Low Fat Plain Yoghurt
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
5g	Dried Pomegranate Gems
10g	Golden Sultanas <i>roughly chop</i>
1	Line-caught Hake Fillet
7,5ml	NOMU Seafood Rub

From Your Kitchen

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

1. ROASTED BEET & KALE Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, massage until softened and coated. In the final 10 minutes, remove the beetroot from the oven and scatter over the kale. Roast for the remaining time until crispy.

2. TOASTED SEEDS Place the seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CITRUS DRESSING In a bowl, combine the citrus dressing, the spice mix, 20ml of olive oil, and seasoning. In a separate bowl, mix together ¼ of the spiced citrus dressing, the yoghurt, ½ the chopped coriander, and seasoning.

4. SWEET, SPICY SALAD In a salad bowl, toss together the crispy kale, the roasted beetroot, the carrot matchsticks, the pomegranate gems, the chopped sultanas, and the remaining spiced citrus dressing.

5. HEAVENLY HAKE Return the pan to medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. In the final 1-2 minutes, add the NOMU rub. Remove from the pan and season.

6. SENSATIONAL SEAFOOD DINNER Plate up the dressed beetroot & carrot salad. Scatter over the toasted seeds and garnish with the remaining coriander. Dollop over the coriander yoghurt. Side with the golden hake.

Nutritional Information

Per 100g

Energy	262kJ
Energy	63kcal
Protein	4.9g
Carbs	7g
of which sugars	3.1g
Fibre	2.2g
Fat	1.3g
of which saturated	0.2g
Sodium	124mg

Allergens

Allium, Sesame, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day