



UCCOOK

Crispy Kale, Hake & Beets

with a garlic-caper sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	288kj	1522kj
Energy	69kcal	364kcal
Protein	6.2g	32.6g
Carbs	4g	20g
of which sugars	0.9g	4.6g
Fibre	1.5g	8g
Fat	2.5g	13.1g
of which saturated	1.3g	6.8g
Sodium	160mg	846mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
50g	100g	Kale <i>rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Capers <i>drain & roughly chop</i>
15ml	30ml	Crème Fraîche
20g	40g	Salad Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Danish-style Feta <i>drain & crumble</i>
1	2	Line-caught Hake Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey (optional)

1. UN-BEET-ABLE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

2. CAPER-GARLIC SAUCE Boil the kettle. Place a pan over medium-high heat with knob of butter. When melted, add the garlic, and the capers. Fry until fragrant, about 1-2 minutes (shifting constantly). Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional and to taste), loosen with a splash of water if too thick, and cover.

3. FETA SALAD In a bowl, combine the salad leaves, the cucumber half-moons, the feta, a drizzle of olive oil, and seasoning.

4. HAIL TO THE KALE When the beets have 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

5. HOOKED ON HAKE Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). 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. Remove from the pan and season.

6. WHAT A PLATE Plate up the hake and drizzle over the garlic & caper sauce. Side with the fresh salad, the crispy kale and the beetroot. Perfection, Chef!