



UCCOOK

Flaky Hake & Butternut Gnocchi Medley

with spinach & pumpkin seeds

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	337kJ	1888kJ
Energy	81kcal	451kcal
Protein	5.9g	33.2g
Carbs	11g	63g
of which sugars	2.8g	15.9g
Fibre	1.8g	9.9g
Fat	0.8g	4.4g
of which saturated	0.1g	0.4g
Sodium	347mg	1940mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Fish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Butternut Gnocchi
1	2	Line-caught Hake Fillet/s
5ml	10ml	NOMU Seafood Rub
1 unit	1 unit	UCOOK Neapolitana Sauce
20g	40g	Spinach <i>rinse</i>
10g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

1. **GNOCCHI** Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Drain and toss through a drizzle of olive oil.

2. **FISH** Place a pan over medium heat with a drizzle of oil. 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 minute, baste with a knob of butter and the NOMU rub. Remove from the pan. Using two forks, roughly flake the hake, and season.

3. **JUST BEFORE SERVING** Return the pan to medium heat with the Neapolitana sauce and a sweetener (to taste). Simmer until warmed through, 3-4 minutes. In the final 1-2 minutes, mix in the gnocchi, the spinach, and the fish. Remove from the heat, and season.

4. **DINNER IS READY** Bowl up the gnocchi medley and sprinkle over the pumpkin seeds. Dig in, Chef!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.