



# UCOOK

## 3-Step Middle Eastern Hake

**with a dukkah crust, roast carrot wedges & hummus**

Here, nutty dukkah elevates line-caught hake, served with hummus slaw, carrot wedges, and a tahini-honey drizzle. The fish in the image is basa, but due to a last-minute short supply this week, we've elevated this to a hake dish!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 Health Nut

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 Delheim Wines | Sauvignon Blanc

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## Ingredients & Prep

360g	Carrot <i>peeled, trimmed &amp; cut into wedges</i>
50ml	Hummus
1	Lemon <i>one ½ zested &amp; cut into wedges</i>
75g	Shredded Cabbage & Julienne Carrot
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
7,5ml	Honey
30ml	Tahini
1	Line-caught Hake Fillet
15ml	Dukkah
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. SWEET AMBER WEDGES** Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until soft and caramelised, shifting halfway.

**2. SLAW, TAHINI DRIZZLE & FRESH LEAVES** Place the hummus in a bowl for the slaw. Add a squeeze of lemon juice to taste and loosen with water in 5ml increments until drizzling consistency. Add in the cabbage and carrot and ¾ of the chopped parsley. Season to taste and toss until coated. In a small bowl, combine the tahini and honey with warm water in 5ml increments until drizzling consistency. Toss the rinsed green leaves with a drizzle of olive oil and some seasoning. Set aside the leaves, slaw, and tahini dressing until serving.

**3. SPICE & BAKE THE HAKE** When the carrots reach the halfway mark, pat the hake dry with paper towel and place on a roasting tray. Coat in oil, the lemon zest to taste, and ½ of the dukkah. Bake in the oven for 15-20 minutes until cooked through and flaky.

**4. DISH UP THIS SUPER EASY NUMBER!** Plate the dressed leaves, roast carrots, spiced hake, and hummus slaw alongside one another. Drizzle over the tahini dressing and sprinkle with the remaining parsley. Finish off by garnishing with the remaining dukkah and a lemon wedge. And there you have it – just like that!



## Chef's Tip

If the honey is too hard to pour, pop it in the microwave for 5-10 seconds before use.

## Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	4.6g
Carbs	10g
of which sugars	4.4g
Fibre	2.8g
Fat	3.8g
of which saturated	0.6g
Sodium	118mg

## Allergens

Allium, Sesame, Sulphites, Fish, Tree Nuts

Cook  
within 2  
Days