



UCCOOK

Tomato-caper Hake

with sweet potato mash, fresh parsley & pitted green olives

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Morgan Otten

Nutritional Info

	Per 100g	Per Portion
Energy	277kJ	2023kJ
Energy	66kcal	484kcal
Protein	4.2g	30.4g
Carbs	9g	67g
of which sugars	4g	27g
Fibre	2g	11g
Fat	0.7g	5.5g
of which saturated	0.1g	0.6g
Sodium	155.4mg	1135.8mg

Allergens: Allium, Sulphites, Fish

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]

750g	1kg	Sweet Potato <i>peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
15ml	20ml	NOMU Italian Rub
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Red Wine Vinegar
15g	20g	Capers <i>drain & roughly chop</i>
300g	400g	Cooked Chopped Tomato
60g	80g	Pitted Green Olives <i>drain & halve</i>
3	4	Line-caught Hake Fillets
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Milk (optional)
Seasoning (salt & pepper)

1. SWEET MASH Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a splash of water or milk and mash with a fork, season, and cover.

2. FRY FOR FRAGRANCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft and browned, 5-6 minutes (shifting occasionally). Add the NOMU rub, the garlic, the vinegar, and the capers. Fry until fragrant, 1-2 minutes (shifting constantly).

3. TOMATO SAUCE When the garlic is fragrant, add the cooked chopped tomato, the olives, 150ml [200ml] of water, and a sweetener (to taste). Simmer until thickened, 7-9 [8-10] minutes. Add a splash of water if it's too thick. Remove from the heat and season.

4. HERE'S TO HAKE! Place a clean pan over medium heat with a light 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. Remove from the pan and season.

5. DRESSED LEAVES In a salad bowl, dress the salad leaves with olive oil and seasoning.

6. SERVICE, PLEASE! Plate up the tomato sauce and the hake. Side with the sweet potato mash and dressed salad leaves. Sprinkle over the parsley. Delish, Chef!