



# UCCOOK

## Hake & Creamy Green Sauce

with roasted chickpeas

Seasoned Chefs will tell you - the secret is almost always in the sauce! Learn how to make an easy pea & sour cream sauce to accompany pan-roasted hake fillet, seasoned with NOMU Seafood Rub and fried until perfectly crispy and flaky. Sided with a loaded salad of greens, crispy chickpeas & silky onion wedges. This is o-fish-ially delicious, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Carb Conscious

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Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

360g	Chickpeas <i>drain &amp; rinse</i>
2	Onions <i>peel &amp; cut into thick wedges</i>
3	Line-caught Hake Fillets
15ml	NOMU Seafood Rub
150g	Peas
2	Garlic Cloves <i>peel &amp; grate</i>
90ml	Sour Cream
60g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the drained chickpeas and the onion wedges on a roasting tray, coat in oil, and season. Roast until golden and crispy, 20-25 minutes.

**2. HAKE** 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 30-60 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**3. CREAMY GREEN SAUCE** Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. When hot, fry the peas and the grated garlic until fragrant, 2-3 minutes. Remove from the pan and add to the blender along with the sour cream and 150ml of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. (Alternatively: Add the garlicky peas and the sour cream to a bowl. Mash with a fork or a potato masher until combined. Loosen with 150ml of water, mix to combine and season).

**4. JUST BEFORE SERVING** In a bowl, combine the roast veg, the shredded green leaves, a drizzle of olive oil, and seasoning.

**5. TIME TO EAT** Smear the creamy green sauce on a plate, top with the hake, and side with the loaded roast. That's a wrap Chef!



## Chef's Tip

Air fryer method: Coat the rinsed chickpeas and onion wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	8.4g
Carbs	10g
of which sugars	2.3g
Fibre	2.9g
Fat	2.4g
of which saturated	0.7g
Sodium	104mg

## Allergens

Allium, Fish, Cow's Milk

Eat  
Within  
1 Day