

# UCCOOK

## Grilled Hake & Zesty Yoghurt Slaw

with roasted butternut

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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

**Chef:** Kate Gomba

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 243kJ    | 1679kJ      |
| Energy             | 58kcal   | 402kcal     |
| Protein            | 4.9g     | 34.1g       |
| Carbs              | 7g       | 52g         |
| of which sugars    | 2g       | 14g         |
| Fibre              | 2g       | 12g         |
| Fat                | 0.6g     | 4g          |
| of which saturated | 0.2g     | 1.5g        |
| Sodium             | 69.7mg   | 482.3mg     |

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

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 3

[Serves 4]

|       |       |  |
|-------|-------|--|
| 750g  | 1kg   | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into half-moons</i> |
| 300g  | 400g  | Shredded Cabbage & Julienne Carrots  |
| 2     | 2     | Spring Onions<br><i>rinse, trim &amp; finely slice</i>                       |
| 150ml | 200ml | Greek Yoghurt  |
| 1     | 1     | Lemon<br><i>rinse, zest &amp; cut</i>  |
| 3     | 4     | Line-caught Hake Fillets   |
| 15ml  | 20ml  | NOMU Seafood Rub   |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. ROAST** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SLAW** In a bowl, combine the slaw mix, the spring onion, the yoghurt, some lemon zest (to taste), the lemon juice (to taste) and season. Set aside in the fridge.

**3. HAKE** Place a 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. In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and season.

**4. DINNER IS READY** Dish up the butternut, side with the hake, and the creamy slaw. Finish with a squeeze of the remaining lemon wedges over the fish. Cheers, Chef!