



UCOOK

Hake with Lemon Chutney

with green beans, millet & basil pesto

The thought of making your own chutney can be daunting but we make it as easy as ever with this beautiful lemon chutney. It's served alongside a beautiful pan-fried hake fillet and sautéed green beans. Fresh, easy, and ready in no time!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

75ml	Millet
1	Lemon <i>cut into wedges</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>
1	Onion <i>½ peeled & finely sliced</i>
17,5ml	Balsamic-Dijon <i>(15ml Balsamic Vinegar & 2,5ml Dijon Mustard)</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
50g	Peas
15ml	Pesto Princess Basil Pesto
1	Line-caught Hake Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. MILLET Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water to continue cooking. On completion, drain if necessary and return to the pot. Toss through a drizzle of oil and cover to keep warm.

2. CHUTNEY Remove the skin from ½ the lemon wedges. Cut the flesh into bite-sized pieces and remove the pips. In a bowl, combine the lemon pieces, ½ the chopped chives, 15ml of a sweetener of choice, and a large pinch of salt. Place a pan over a low-medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 5-10 minutes until soft and caramelised, shifting occasionally. Add the lemon mixture and 10ml of water and fry for 15-20 minutes until thickened, stirring occasionally. Stir in the balsamic-dijon, and simmer for 4-5 minutes, stirring occasionally.

3. GREENS Boil the kettle. Place a pan over a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of oil and some seasoning. Remove from the pan and place in a bowl. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and add to the bowl with the green beans.

4. PESTO Loosen the pesto with olive oil in 5ml increments until drizzling consistency. When the millet is cooked, toss with ½ the loosened pesto and seasoning.

5. HAKE Pat the hake dry with paper towel and season. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry on the other side for a further 3-4 minutes until cooked through.

6. DIG IN! Dish up the pesto-laced millet and lay over the fried hake. Side with the green beans and peas, and dollop over the lemon chutney. Garnish with the remaining chopped chives and serve the remaining lemon wedges on the side. Stunning, Chef!



Chef's Tip

If you don't use all the chutney, keep it in a sterilized jar in the fridge for up to 3 weeks!

Nutritional Information

Per 100g

Energy	496kJ
Energy	118Kcal
Protein	6.9g
Carbs	16g
of which sugars	2.6g
Fibre	2.9g
Fat	2.8g
of which saturated	0.3g
Sodium	76mg

Allergens

Egg, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day