



UCCOOK

Herby Hake & Broccoli Bake

with leeks

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	307kj	2055kj
Energy	74kcal	492kcal
Protein	6g	40.1g
Carbs	11g	73g
of which sugars	2g	12g
Fibre	2g	13g
Fat	1.2g	8.2g
of which saturated	0.4g	2.7g
Sodium	33mg	223mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
60ml	80ml	Pea Crumb
3	4	Line-caught Hake Fillets
300g	400g	Leeks <i>trim & cut in half lengthways; thoroughly rinse & finely slice</i>
8g	10g	Fresh Thyme <i>rinse</i>
15ml	20ml	Cornflour
150ml	200ml	Low Fat Fresh Milk
120g	160g	Peas
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

Milk (optional)

1. SOFT POTATOES Preheat the oven to 200°C. Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a splash of water or milk (optional). Mash with a fork, season, and cover.

2. CRUMB Place a pan over medium-high heat. When hot, add the pea crumb and lightly coat with cooking spray or oil (optional) and toast until lightly golden, 1-2 minutes.

3. SEAFOOD & VEGGIE MEDLEY Pat the hake dry with paper towel, cut into small chunks, and set aside. Return the pan to medium-high heat. Add the leeks and lightly coat with cooking spray or oil (optional). Fry until lightly charred and soft, 6-7 minutes (shifting occasionally). Add the thyme and cook until fragrant, 30-60 seconds. Mix in the milk, cornflour, 300ml [400ml] of water, peas, ½ the parsley, and the fish. Season and cook for 4-5 minutes. Remove from the heat and mix in the broccoli.

4. BAKE THE HAKE Spoon the fish mixture into an ovenproof dish or ramekins. Top evenly with the potato mash. Sprinkle with pea crumb and bake until lightly bubbling, 20-25 minutes. Discard the thyme sprigs.

5. DINNER TIME Dish up the herby hake and broccoli bake, sprinkle over the remaining parsley, and drizzle over the lemon juice (to taste). Enjoy, Chef!