



UCOOK

Hake & Paprika Oil

with charred cauli, toasted flaked almonds & smashed baby potatoes

Tender hake fillets are pan-fried to crispy perfection and served alongside charred cauliflower, toasted almonds, and smashed baby potatoes. Finished off with a drizzle of smoked paprika oil and garnished with chopped parsley & a lemon wedge. C'mon Chef, you know you want to!

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Chardonnay

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Ingredients & Prep

500g	Baby Potatoes <i>rinsed</i>
10ml	Smoked Paprika
20g	Almonds
1	Red Onion <i>peeled & finely sliced</i>
100ml	White Wine
400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
2	Line-caught Hake Fillets
10ml	NOMU Seafood Rub
1	Lemon <i>zested & cut into wedges</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. PARBOILED POTATOES & PAPRIKA OIL Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and set aside. In a small bowl, combine the smoked paprika with 30ml of oil. Set aside for serving.

2. TOASTY & NUTTY Place a pan over medium heat with the almonds. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CARAMEL HEAVEN Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-15 minutes (shifting occasionally). At the halfway mark, add a sweetener and the wine. Remove from the pan, season, and cover.

4. SMASHED POTATOES & CAULI Place the parboiled potatoes on a roasting tray. Coat in oil and spread out in a single layer. Using a fork, gently press down on them, splitting the skin, but keeping them in one piece. Place the cauliflower pieces on a second roasting tray. Coat in oil and season. Roast both trays in the hot oven until crispy and golden, 20-25 minutes.

5. FLAKY FISH When the roast has 10 minutes remaining, return the pan to a medium heat with a drizzle of oil. Pat the hake dry with paper towel and season. When hot, fry the hake, skin-side down until crispy and cooked through, 3-4 minutes per side. In the final minute, baste with the NOMU rub.

6. LEMONY CAULI In a bowl, combine the roasted cauliflower, the lemon zest (to taste), the toasted almonds, seasoning, and a squeeze of lemon juice. Set aside. To the tray with the smashed potatoes, add the caramelised onion and toss until combined.

7. TIME TO FEAST Plate up the smashed potatoes & onion and the lemony cauliflower. Side with the flaky hake. Drizzle over the paprika oil (to taste). Garnish with the chopped parsley and a lemon wedge. Great stuff, Chef!



Chef's Tip

Air fryer method: Coat the smashed potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

Nutritional Information

Per 100g

Energy	293.0kJ
Energy	70.0kcal
Protein	4.4g
Carbs	8.0g
of which sugars	2.0g
Fibre	1.7g
Fat	1.0g
of which saturated	.1g
Sodium	73.0mg

Allergens

Allium, Fish, Tree Nuts, Alcohol

Cook
within 1
Day