

UCOOK

Golden Hake & Corn

with green beans, fresh coriander & dried chilli flakes


Ever eaten white gold? Delicious line-caught hake is coated in a golden Cape bay & turmeric marinade and roasted alongside bright pumpkin & green beans. Topped with golden flecks of charred corn, spicy pickled red onion & fresh coriander. Your guests will sail the seven seas for this dish, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
7,5ml	Golden Cape Bay <i>(2,5ml Ground Turmeric & 5ml Spice & All Things Nice Cape Bay Seasoning)</i>
1	Line-caught Hake Fillet
100g	Green Beans <i>rinsed, trimmed & halved</i>
20ml	Lime Juice
2,5ml	Dried Chilli Flakes
1	Red Onion <i>¼ peeled & finely sliced</i>
50g	Corn
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. ORANGE YOU HAPPY? Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray. Coat in oil, seasoning, and a sweetener of choice (to taste). Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. GREEN & GOLD In a bowl, combine the golden Cape bay, 10ml of oil, and seasoning. Add the hake and toss until coated. Set aside to marinate. Place the halved green beans in a bowl. Coat in oil and season. Set aside.

3. PREP STEP In a large bowl, combine ½ the lime juice, 15ml of water, the chilli flakes (to taste), and 5ml of a sweetener of choice. Add the sliced onion and toss until coated. Set aside to pickle.

4. SOMETHING'S FISHY When the pumpkin has 15-20 minutes remaining, add the dressed green beans and the marinated hake fillet to the tray with the pumpkin. Roast for the remaining time until cooked through.

5. THAT SMELLS GOOD! Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the corn. Fry for 4-5 minutes until starting to char, shifting occasionally. Remove from the pan and add to the bowl with the pickled onion and the pickling liquid. Toss until combined.

6. TIME TO DINE Plate up the corn & pickled onion mix. Side with the turmeric hake and the roasted pumpkin & green beans. Drizzle over the remaining lime juice (to taste) and garnish with the chopped coriander. Dive in, Chef!

Nutritional Information

Per 100g

Energy	241kj
Energy	58kcal
Protein	4.7g
Carbs	8g
of which sugars	2.7g
Fibre	1.9g
Fat	0.5g
of which saturated	0g
Sodium	45mg

Allergens

Allium, Fish

Cook
within 1
Day