



# WCOOK

## Crunchy Hake & Pesto Peas

with butternut half-moons

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	415kJ	2474kJ
Energy	99kcal	592kcal
Protein	7g	41.6g
Carbs	10g	61g
of which sugars	1.9g	11.6g
Fibre	1.9g	11.5g
Fat	4.2g	25.1g
of which saturated	1.1g	6.3g
Sodium	67mg	401mg

**Allergens:** Sulphites, Egg, Fish, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, peel (optional) &amp; cut into half-moons</i>
10ml	20ml	Cornflour
40ml	80ml	Pea Crumb
1	2	Line-caught Hake Fillet/s
30ml	60ml	Pesto Princess Basil Pesto
80g	160g	Peas
15ml	30ml	Lemon Juice
30ml	60ml	Low Fat Plain Yoghurt
3g	5g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Egg/s  
Paper Towel

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

**2. COAT & CRUMB** Boil the kettle. Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the cornflour (seasoned lightly), and one containing the crumb. Coat the fish in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Set aside.

**3. PESTO PEAS & DILL YOGHURT** In a bowl, loosen the pesto with olive oil until a drizzling consistency. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and add to the bowl with the loosened pesto. Mix in ½ the lemon juice (to taste) and season. Mash the pesto peas with a potato masher or fork and set aside. In a small bowl, combine ½ the dill, the yoghurt, the remaining lemon juice (to taste) and seasoning.

**4. FAB FISH** Place a pan over medium-high heat with enough oil to cover the base. Fry the crumbed fish until golden and cooked through, 2-3 minutes per side. Remove from the pan and drain on paper towel.

**5. DILL-ICIOUS!** Plate the crispy fish. Side with the roasted butternut and the pesto peas. Serve with the creamy tangy dill sauce for dipping. Garnish with the remaining dill and enjoy, Chef!