

QCOOK

Grilled Hake & Creamy Slaw

with roasted butternut

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	295kJ	2039kJ
Energy	71kcal	488kcal
Protein	4.7g	32.5g
Carbs	8g	54g
of which sugars	2g	16g
Fibre	2g	12g
Fat	2g	13.9g
of which saturated	0.2g	1.7g
Sodium	80.1mg	552.9mg

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

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
100g	200g	Shredded Cabbage & Julienne Carrots
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	100ml	Creamy Mayo <i>(30ml [60ml] Greek Yoghurt & 20ml [40ml] Mayo)</i>
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
1	2	Line-caught Hake Fillet/s
5ml	10ml	NOMU Seafood Rub

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SLAW In a bowl, combine the slaw mix, spring onion, creamy mayo, lemon zest (to taste), lemon juice (to taste), and season to taste. Set aside in the fridge.

3. FISH Pat the hake dry with paper towel, lightly coat with cooking spray or oil (optional), the NOMU rub and season. Place skin-side down on a baking tray and place in the hot oven until golden, 15-20 minutes.

4. DINNER IS READY Dish up the butternut, side with the fish and the creamy slaw. Cheers, Chef!