



UCCOOK

Hake & Creamy Green Sauce

with roasted chickpeas

Seasoned Chefs will tell you - the secret is almost always in the sauce! Learn how to make an easy pea & sour cream sauce to accompany pan-roasted hake fillet, seasoned with NOMU Seafood Rub and fried until perfectly crispy and flaky. Sided with a loaded salad of greens, crispy chickpeas & silky onion wedges. This is o-fish-ially delicious, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

Carb Conscious

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

480g	Chickpeas <i>drain & rinse</i>
2	Onions <i>peel & cut into thick wedges</i>
4	Line-caught Hake Fillets
20ml	NOMU Seafood Rub
200g	Peas
2	Garlic Cloves <i>peel & grate</i>
125ml	Sour Cream
80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Paper Towel
Blender
Butter

1. ROAST Preheat the oven to 200°C. Spread the drained chickpeas and the onion wedges on a roasting tray, coat in oil, and season. Roast until golden and crispy, 20-25 minutes.

2. HAKE Place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

3. CREAMY GREEN SAUCE Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. When hot, fry the peas and the grated garlic until fragrant, 2-3 minutes. Remove from the pan and add to the blender along with the sour cream and 200ml of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. (Alternatively: Add the garlicky peas and the sour cream to a bowl. Mash with a fork or a potato masher until combined. Loosen with 200ml of water, mix to combine and season).

4. JUST BEFORE SERVING In a bowl, combine the roast veg, the shredded green leaves, a drizzle of olive oil, and seasoning.

5. TIME TO EAT Smear the creamy green sauce on a plate, top with the hake, and side with the loaded roast. That's a wrap Chef!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas and onion wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	8.4g
Carbs	10g
of which sugars	2.3g
Fibre	2.9g
Fat	2.4g
of which saturated	0.7g
Sodium	104mg

Allergens

Allium, Fish, Cow's Milk

Eat
Within
1 Day