



# UCOOK

## Golden Hake & Spicy Corn Salad

**with fresh coriander & carrot wedges**

Flaky & delicate hake is coated in a seafood rub, baked to perfection and sided with caramelised oven-roasted carrot wedges. The dish is elevated with a spicy corn & bean salad tossed with fresh salad leaves. A tangy sour cream drizzle adds a creamy final touch.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Jewell Willemborg

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Carb Conscious

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Groote Post Winery | Groote Post Chenin Blanc

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## Ingredients & Prep

480g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
20g	Sunflower Seeds
2	Hake Fillets
10ml	NOMU Spanish Rub
60ml	Sour Cream
100g	Corn
10ml	Dried Chilli Flakes
120g	Black Beans <i>drain &amp; rinse</i>
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. LIVING ON A WEDGE** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, sprinkle over the sunflower seeds.

**2. THERE GOES THE FISH** When the carrot wedges have 15-20 minutes remaining, pat the hake dry with paper towel. Place on a lightly greased baking tray (or the tray with the carrot wedges), skin-side down. Coat in oil, the NOMU rub, and seasoning. Bake in the hot oven until cooked through and flakey, 15-20 minutes.

**3. DASHING DRIZZLE** In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

**4. SPICY SALSA** Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Add the chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat, toss through the drained beans, and set aside.

**5. VEGGIE MEDLEY** Just before serving, toss the corn & bean mix with the rinsed salad leaves, a drizzle of olive oil, and seasoning.

**6. DINNER IS SERVED** Plate up the golden hake. Side with the carrot wedges & sunflower seeds and the corn salad. Drizzle over the loosened sour cream and sprinkle over the chopped parsley. Delish work, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	340kj
Energy	81kcal
Protein	5.9g
Carbs	9g
of which sugars	2.8g
Fibre	2.1g
Fat	2.3g
of which saturated	0.7g
Sodium	109mg

## Allergens

Cow's Milk, Allium, Fish

Eat  
Within  
1 Day