



UCCOOK

Vergelegen's Hake & Spinach Risotto

with fresh parsley, almonds & white wine

This creamy, flavour-packed risotto is made with white wine & veggie stock, and is studded with vibrant green spinach. Topped off with a perfectly crispy-skinned hake fillet, pan-fried to golden-brown perfection. The dish is finished with a sprinkle of toasted almonds, a zesty hit of lemon juice & zest, and (we recommend) a delicious glass of Vergelegen's wine!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Vergelegen Winery

 Fan Faves

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

5ml	Vegetable Stock
1	Onion <i>½ peeled & finely diced</i>
100ml	Risotto Rice
25ml	White Wine
40g	Spinach <i>rinsed</i>
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Parsley <i>rinsed & finely chopped</i>
10g	Almonds <i>roughly chopped</i>
1	Line-caught Hake Fillet

From Your Kitchen

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

1. TAKING STOCK Boil the kettle. Dilute the stock with 500ml of boiling water. Place a pot over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until golden, 4-5 minutes (shifting occasionally). Add the risotto rice and the wine. Simmer until almost all evaporated, 1-2 minutes.

2. IT'S A GO ON RISOTTO When the wine is almost all evaporated, reduce the heat to medium, add a ladleful of the diluted stock and allow it to be absorbed by gently simmering (stirring regularly). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente. In the final minute, stir through the rinsed spinach. Add the juice of 2 lemon wedges, the lemon zest, a knob of butter, ½ the chopped parsley, and seasoning.

3. TOTALLY NUTTY Place the chopped almonds in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. WHAT THE HAKE Return the pan to a medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When hot, fry the hake, skin-side down, until crispy and golden (3-4 minutes). Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan.

5. SERVICE, PLEASE! Dish up the spinach risotto. Top with the golden hake. Sprinkle over the toasted almonds and the remaining parsley. Serve with any remaining lemon wedges. Delish work, Chef!



Chef's Tip

If you're feeling fancy, why not score the skin of the hake for some extra crisp?

Nutritional Information

Per 100g

Energy	542kJ
Energy	130kcal
Protein	7.4g
Carbs	19g
of which sugars	1.6g
Fibre	1.4g
Fat	1.6g
of which saturated	0.1g
Sodium	169mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts, Alcohol

Cook
within 1
Day