

UCCOOK

Italian-style Cheese-crumbed Hake

with sweet potato & a dill yoghurt

Sweet potatoes are covered in a tasty NOMU Italian Rub before being roasted to golden perfection. They are served alongside a hard cheese & panko-crumbed hake fillet, and fresh salad leaves. A dill & lemon yoghurt adds a fresh touch!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

250g	Sweet Potato
7,5ml	NOMU Italian Rub
3g	Fresh Dill
20g	Salad Leaves
20g	Radish
50ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
1	Line-caught Hake Fillet
40ml	Cheesy-crumb (20ml Grated Italian-style Hard Cheese & 20ml Panko Breadcrumbs)

From Your Kitchen

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

1. SWEET POTATO CHUNKS Preheat the oven to 220°C. Rinse and cut the sweet potato into bite-sized pieces. Spread the sweet potato pieces on a roasting tray in a single layer. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy on the outside and soft on the inside, 20-25 minutes (shifting halfway).

2. QUICK PREP Rinse the dill, the salad leaves, and the radish. Roughly chop the dill and roughly shred the salad leaves. Thinly slice the radish. In a small bowl, combine the yoghurt, ½ the chopped dill, the lemon juice, and seasoning.

3. CHEESE CRUMB When the sweet potato pieces reach the halfway mark, pat the hake dry with paper towel. Place skin-side down on a lightly greased baking tray. Coat in oil, season, and top with the cheesy crumb. Bake in the hot oven until cooked through and golden, 15-20 minutes. Dress the shredded salad leaves and the radish rounds with a drizzle of olive oil and seasoning.

4. DIG IN! Plate up the roasted sweet potato pieces. Side with the crumbed hake and the dressed salad. Dollop over the dill yoghurt and garnish with the remaining dill. Great job, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	353kj
Energy	84kcal
Protein	6.4g
Carbs	10g
of which sugars	3.2g
Fibre	1.3g
Fat	1.3g
of which saturated	0.5g
Sodium	115mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Fish

Cook
within 1
Day