



UCOOK

Flaky Hake & Carrot Fries

with cannellini bean & mango salsa

With this recipe, you'll enjoy familiar tastes balanced with the unexpected. A refreshing cannellini bean, mango, pepper, cucumber, & parsley salsa is a wonderful side, together with carrot fries, to flaky hake doused in NOMU Seafood Rub.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled & cut into 1cm thick fries</i>
60g	Cannellini Beans <i>drained & rinsed</i>
10g	Dried Mango <i>finely chopped</i>
20g	Piquanté Peppers <i>drained & finely chopped</i>
10g	Sliced Pickled Jalapeños <i>drained & finely chopped</i>
100g	Cucumber <i>rinsed & finely diced</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10ml	Lemon Juice
1	Line-caught Hake Fillet
5ml	NOMU Seafood Rub
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. CARROT FRIES Preheat the oven to 200°C. Spread the carrot fries on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MAKE THE SALSA In a salad bowl, combine the drained beans, the chopped mango, the chopped peppers, the chopped jalapeños, the diced cucumber, ½ the chopped parsley, the lemon juice (to taste), and a drizzle of olive oil. Toss to combine, season, and set aside in the fridge.

3. FRY THE FISH Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). 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 minute, baste with a knob of butter (optional) and the NOMU rub.

4. LEKKER DINNER Plate up the carrot fries and side with the bean salsa and the hake. Crumble the drained feta over the salsa and garnish with the remaining parsley. Dig in, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	296kJ
Energy	71kcal
Protein	5.3g
Carbs	8g
of which sugars	4g
Fibre	1.8g
Fat	1.6g
of which saturated	0.8g
Sodium	166mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day