



UCOOK

Lemon & Parsley Butter Hake

with green beans, almonds & fresh salad leaves

A classic is a classic for a reason! Tender hake fillet is drizzled with a lemon, parsley, & garlic butter sauce and is sided with soft, boiled baby potatoes. A kick of freshness from a vibrant side salad and you're good to go!


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

200g	Baby Potato <i>rinsed & cut in half</i>
20g	Salad Leaves
3g	Fresh Parsley
80g	Green Beans
1	Tomato
1	Garlic Clove
1	Line-caught Hake Fillet
5ml	Spice & All Things Nice Cape Bay Seasoning
10ml	Lemon Juice
10g	Almonds

From Your Kitchen

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

1. BOILING AWAY Place the halved baby potatoes in a pot (with a lid) of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and return to the pot. Add a knob of butter, cover with the lid, and shake the pot until the potatoes are fully coated in the butter. Set aside.

2. PREPPING While the potatoes are boiling, rinse the salad leaves, the parsley, the green beans, and the tomato. Roughly shred the salad leaves, finely chop the parsley, and trim the green beans. Cut the tomato into bite-sized chunks. Peel and grate the garlic. In a salad bowl, combine the tomato chunks, the rinsed leaves, a drizzle of olive oil, and seasoning. Set aside.

3. GORGEOUS GREENS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. HAKE PARTY Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. Season and coat in the Cape Bay seasoning. 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. Remove from the pan and season.

5. HERBY BUTTER Return the pan to a medium high heat with 30g of butter. Once melted, remove from the heat and add the chopped parsley, the grated garlic (to taste), and the juice of 1 lemon wedge.

6. DELISH DINNER! Plate up the boiled baby potatoes. Side with the hake drizzled with the parsley butter. Serve with the fresh salad topped with the green beans and the almonds. Garnish with a lemon wedge. Splendid work, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	318kj
Energy	76kcal
Protein	5.8g
Carbs	9g
of which sugars	1.9g
Fibre	1.6g
Fat	1.3g
of which saturated	0.1g
Sodium	123mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day