



# UCOOK

## Herb Dusted Hake & Creamed Spinach

**with roasted carrot & onion wedges**

A pea crumb is pan-fried to a golden hue with a touch of butter & parsley, adding a flavourful crunch to a tender hake fillet. Sided with golden carrot & onion wedges, and a luscious creamed spinach featuring a rich blend of crème fraîche & garlic. So indulgent!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Chris Dugmore

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Carb Conscious

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## Ingredients & Prep

240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; cut ½ into wedges &amp; finely dice ½</i>
20ml	Fish Crumb <i>(15ml Pea Crumb &amp; 5ml NOMU Italian Rub)</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
1	Garlic Clove <i>peel &amp; grate</i>
30ml	Crème Fraîche
50g	Spinach <i>rinse &amp; roughly shred</i>
1	Line-caught Hake Fillet

## From Your Kitchen

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

**1. ROAST VEG WEDGES** Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). At the halfway mark, coat the onion wedges in oil and season. Roast for the remaining time.

**2. PARSLEY CRUMB** Place a pan over medium-high heat with 10g of butter. When hot, fry the fish crumb until beginning to brown, 1-2 minutes (shifting occasionally). Toss through ½ the chopped parsley and seasoning. Remove from the pan and set aside.

**3. CRÈMED SPINACH** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the crème fraîche, the shredded spinach, and 50ml of warm water. Reduce the heat and simmer until starting to thicken, 3-4 minutes. If it's too thick for your liking, loosen with an extra splash of water. Remove and season.

**4. FRY UP** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. 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. DIVE IN!** Serve the roasted carrot & onion alongside the golden hake topped with the herby crumb. Side with the creamed spinach. Scatter over the remaining parsley. Cheers, Chef!



## Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway). At the halfway mark, coat the onion wedges in oil and season. Add to the roast for the remaining time.

## Nutritional Information

Per 100g

Energy	296kJ
Energy	71kcal
Protein	4.9g
Carbs	7g
of which sugars	3.1g
Fibre	1.7g
Fat	2.4g
of which saturated	1.2g
Sodium	125mg

## Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat  
Within  
1 Day