



# UCOOK

## Hake & Paprika Oil

with charred cauli, toasted flaked almonds & smashed baby potatoes

Tender hake fillets are pan-fried to crispy perfection and served alongside charred cauliflower, toasted almonds, and smashed baby potatoes. Finished off with a drizzle of smoked paprika oil and garnished with chopped parsley & a lemon wedge. C'mon Chef, you know you want to!

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes


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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Adventurous Foodie

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

250g	Baby Potatoes <i>rinsed</i>
5ml	Smoked Paprika
10g	Almonds
1	Red Onion <i>½ peeled &amp; finely sliced</i>
50ml	White Wine
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	Line-caught Hake Fillet
5ml	NOMU Seafood Rub
1	Lemon <i>½ zested &amp; cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter (optional)

**1. PARBOILED POTATOES & PAPRIKA OIL** Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and set aside. In a small bowl, combine the smoked paprika with 30ml of oil. Set aside for serving.

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

**3. CARAMEL HEAVEN** Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-15 minutes (shifting occasionally). At the halfway mark, add a sweetener and the wine. Remove from the pan, season, and cover.

**4. SMASHED POTATOES & CAULI** Place the parboiled potatoes on a roasting tray. Coat in oil and spread out in a single layer. Using a fork, gently press down on them, splitting the skin, but keeping them in one piece. Place the cauliflower pieces on a second roasting tray. Coat in oil and season. Roast both trays in the hot oven until crispy and golden, 20-25 minutes.

**5. FLAKY FISH** When the roast has 10 minutes remaining, return the pan to a medium heat with a drizzle of oil. Pat the hake dry with paper towel and season. When hot, fry the hake, skin-side down until crispy and cooked through, 3-4 minutes per side. In the final minute, baste with the NOMU rub.

**6. LEMONY CAULI** In a bowl, combine the roasted cauliflower, the lemon zest (to taste), the toasted almonds, seasoning, and a squeeze of lemon juice. Set aside. To the tray with the smashed potatoes, add the caramelised onion and toss until combined.

**7. TIME TO FEAST** Plate up the smashed potatoes & onion and the lemony cauliflower. Side with the flaky hake. Drizzle over the paprika oil (to taste). Garnish with the chopped parsley and a lemon wedge. Great stuff, Chef!



## Chef's Tip

Air fryer method: Coat the smashed potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

## Nutritional Information

Per 100g

Energy	293.0kJ
Energy	70.0kcal
Protein	4.4g
Carbs	8.0g
of which sugars	2.0g
Fibre	1.7g
Fat	1.0g
of which saturated	.1g
Sodium	73.0mg

## Allergens

Allium, Fish, Tree Nuts, Alcohol

Cook  
within 1  
Day