



# UCOOK

## Paul Cluver's Hake & White Wine Sauce

with minty pea purée

Using fresh herbs in your dishes is not only a great way to enhance flavour, but also to add that 'je ne sais quoi', Chef! It starts with a mint-infused pea purée, topped with crispy-skin hake fillet. Drizzled over is a creamy white wine sauce and a side of golden butternut half-moons. Garnished with fresh mint and toasted almonds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Paul Cluver

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Carb Conscious

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Paul Cluver | Village Chardonnay 2023

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## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
15g	Almonds <i>roughly chop</i>
2	Onions <i>peel &amp; finely slice 1½</i>
90ml	White Wine
30g	Capers <i>drain &amp; roughly chop</i>
150ml	Fresh Cream
2	Garlic Cloves <i>peel &amp; grate</i>
300g	Peas
8g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
3	Line-caught Hake Fillets

## From Your Kitchen

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

**1. BEGIN WITH THE BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

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

**3. CAPER & CREAM SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Pour in the wine and simmer until almost all evaporated, 1-2 minutes. Mix through the chopped capers and remove from the heat. Pour in the cream and simmer until slightly thickening, 1-2 minutes. Remove from the pan and season. Reheat over a low heat before serving.

**4. PEA & MINT PUREE** Return the pan, wiped down, to medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated garlic and the peas until fragrant, 2-3 minutes (shifting constantly). Pour in 6 tbsp of milk and remove from the heat. Place the pea mixture in a blender with ½ the chopped mint and seasoning. Pulse into a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or a fork, pour in the milk and mix until combined.) Add water in 10ml increments if it's too thick for your liking. Set aside.

**5. CRISPY HAKE** Place a clean 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.

**6. SEAFOOD SENSATION** Spread the pea purée out on the plate and top with the golden hake. Drizzle over the white wine sauce and serve the butternut half-moons alongside. Garnish with the toasted nuts and the remaining mint.



## Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	360kj
Energy	86kcal
Protein	4.8g
Carbs	8g
of which sugars	2.6g
Fibre	2g
Fat	2.9g
of which saturated	1.4g
Sodium	60mg

## Allergens

Allium, Sulphites, Fish, Tree Nuts, Alcohol, Cow's Milk

Eat  
Within  
1 Day