Eat Within 1 Day

UCOOK

Hake & Roast Butternut

with Danish-style feta & fresh oregano

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	343.5kJ	1813.8kJ
Energy	82.6kcal	433.9kcal
Protein	6.3g	33.3g
Carbs	5.9g	31.2g
of which sugars	1.5g	7.8g
Fibre	1.1g	5.9g
Fat	2.9g	15.3g
of which saturated	1.6g	8.5g
Sodium	119.4mg	627.1mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	**Butternut** *rinse, deseed, peel (optional) & cut into half-moons*
2.5ml	5ml	**Crushed Black Peppercorns**
5ml	10ml	**Beef Stock**
15ml	30ml	**Crème Fraîche**
20g	40g	**Salad Leaves** *rinse*
50g	100g	**Cucumber** *rinse & cut into half-moons*
30g	60g	**Danish-style Feta** *drain & crumble*
3g	5g	**Fresh Oregano** *rinse & pick*
1	2	**Line-caught Hake Fillets**

From Your Kitchen

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

1. BEGIN THE BUTTERNUT Preheat the oven to 200℃. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway). Alternatively, air fry at 200℃ until crispy, 20-25 minutes (shifting halfway).

2. CREAMY PEPPER SAUCE Boil the kettle. Place a pan over medium heat with a knob of butter. Once melted, stir in the black pepper, the stock, and 50ml [100ml] of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.

3. FETA SALAD In a bowl, combine the salad leaves, cucumber, the feta, ½ the oregano, a drizzle of olive oil, and seasoning.

4. HEAVENLY HAKE Place a pan over medium-high heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

5. TIME TO DINE Plate up the fish and drizzle over the au poivre sauce. Side with the fresh salad and the butternut. Garnish with the remaining oregano. Perfection, Chef!