



UCCOOK

Hake Goujons & Butternut Hummus

with toasted pita bread & pumpkin seeds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	641kJ	3713kJ
Energy	153kcal	888kcal
Protein	6.2g	36g
Carbs	17g	101g
of which sugars	1.9g	10.9g
Fibre	2.4g	13.7g
Fat	5.8g	33.8g
of which saturated	1.1g	6.3g
Sodium	198mg	1146mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
10g	20g	Pumpkin Seeds
1	1	Garlic Heads
150g	300g	Line-caught Hake Goujons
1	2	Pita Bread/s
20g	40g	Green Leaves <i>rinsed</i>
10ml	20ml	Balsamic Vinegar
20g	40g	Italian-style Hard Cheese <i>peeled into ribbons</i>
40ml	80ml	Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Seasoning (salt & pepper)

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. INDEED TIME FOR SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. IT'S A GO FOR GOUJONS When the butternut has 10 minutes remaining, add the whole, unpeeled garlic cloves to the tray. Move the butternut and the garlic to one side and spread the goujons evenly over the other side of the tray. Season and return to the oven for the remaining time.

4. SIMPLE SALAD To a bowl, add the leaves and toss with the balsamic vinegar, a drizzle of olive oil, seasoning, and the cheese ribbons. Set aside.

5. BUTTERNUT HUMMUS When the roast is done, squeeze out the flesh from the roasted garlic cloves and discard the skin. Place the flesh into a blender with the roasted butternut, a drizzle of oil, seasoning, and the hummus. Pulse until smooth, loosen with a drizzle of oil and water in 5ml increments until desired consistency. Remove from the blender and set aside.

6. PERFECT PITA QUARTERS Return the pan to medium heat. When hot, toast the flatbread/s until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

7. A SLAM-DUNK DINNER Plate up the golden goujons and serve the fresh salad alongside. Serve the roasted garlic and butternut hummus on the side with a drizzle of olive oil and scatterings of toasted pumpkin seeds. Pile up the flatbread quarters for dunking!

Chef's Tip Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).