



# UCOOK

## Hake & Sun-dried Tomato Lentils

with crème fraîche, kale & fresh oregano

Loaded lentils, featuring fried onion, tangy sun-dried tomatoes, zesty white wine, and earthy kale - all smothered in a creamy lemon-butter sauce. Then comes the crispy-skinned seared hake. Finally, a drizzle of lemon juice and a sprinkling of fresh oregano. The coast is clear for you to start cooking, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes


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**Serves:** 3 People


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**Chef:** Rhea Hsu

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 Carb Conscious

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 Harry Hartman | Stellenbosch Sauvignon Blanc

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## Ingredients & Prep

150g	Kale <i>rinsed &amp; roughly shredded</i>
30g	Almonds <i>roughly chopped</i>
2	Onions <i>1½ peeled &amp; roughly sliced</i>
30ml	Tomato Paste
60ml	White Wine
180g	Lentils <i>drained &amp; rinsed</i>
60g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
150ml	Crème Fraîche
12g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
30ml	Lemon Juice
3	Line-caught Hake Fillets

## From Your Kitchen

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

**1. ALL HAIL THE KALE** Place the shredded kale in a bowl with some seasoning. Using your hands, gently massage until softened. Set aside.

**2. YES, ALL THE ALMONDS** Place the chopped almonds in a large pan over medium heat. Toast for 2-3 minutes until golden, shifting occasionally. Remove from the pan and set aside.

**3. IT'S DINE O'CLOCK** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced onions for 5-6 minutes until golden, shifting occasionally. Add the tomato paste and the wine, and cook for 1-2 minutes until mostly all evaporated. Add the massaged kale, the drained lentils, the chopped sun-dried tomatoes and a splash of water. Cook for 4-5 minutes until the kale is wilted.

**4. ADD SOME YUMMY GOODIES** When the kale is wilted, remove the pan from the heat and stir through the crème fraîche, a knob of butter, ½ the chopped oregano, ½ the lemon juice (to taste), a sweetener, and seasoning. Loosen with a splash of warm water, if necessary. Cover to keep warm.

**5. FRY, FLIP, FRY** Place a clean pan over medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When hot, fry the hake, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for 3-4 minutes until cooked through.

**6. DISH UP DINNER** Dish up the saucy kale & lentils and top with the seared hake. Drizzle over the remaining lemon juice (to taste), and garnish with the remaining oregano. Great work, Chef!

## Nutritional Information

Per 100g

Energy	581kJ
Energy	139kcal
Protein	8.4g
Carbs	10g
of which sugars	3.4g
Fibre	3.7g
Fat	6.6g
of which saturated	2.9g
Sodium	63mg

## Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts, Alcohol

Cook  
within 1  
Day