



UCCOOK

Spicy Creamy Hake

with orzo, roasted butternut & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 451kJ | 3180kJ |
| Energy | 108kcal | 761kcal |
| Protein | 5.4g | 38g |
| Carbs | 13g | 94g |
| of which sugars | 2.5g | 17.4g |
| Fibre | 1.6g | 11g |
| Fat | 2.8g | 19.9g |
| of which saturated | 1.5g | 10.4g |
| Sodium | 97mg | 683mg |

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

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]

| | | |
|-------|-------|---|
| 750g | 1kg | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 225ml | 300ml | Orzo Pasta |
| 3 | 4 | Line-caught Hake Fillets |
| 1 | 1 | Onion <i>peel & finely dice ¾ [1]</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 30ml | 40ml | NOMU Spanish Rub |
| 2 | 2 | Fresh Chillies <i>rinse, trim, deseed & finely slice</i> |
| 150ml | 200ml | Fresh Cream |
| 45ml | 60ml | Lemon Juice |
| 8g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. **BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway).

2. **OR-ZO GOOD!** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

3. **FLIPPING GOOD FISH** When the butternut has 15-20 minutes remaining, place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, until crispy and golden, 3-4 minutes. Flip and fry the other side until browned but not cooked through, 2-3 minutes. Remove from the pan.

4. **SPICY, CREAMY & DREAMY** Return the pan, wiped down, to medium heat with a drizzle of oil. Fry the onion until soft, 2-3 minutes (shifting occasionally). Add the garlic, the NOMU rub, and the chilli (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cream and 150ml [200ml] of water. Simmer until slightly thickened, 3-4 minutes.

5. **HOOKED ON HAKE** Once the sauce has thickened, add the browned hake and simmer until cooked through, 1-2 minutes. Add the lemon juice (to taste) and season.

6. **FINAL FLAIR** Add the roasted butternut and ½ the parsley to the orzo. Mix until combined.

7. **INDULGE!** Plate up the loaded orzo. Top with the hake and the creamy sauce. Sprinkle over the remaining parsley. Well done, Chef!