



UCOOK

— COOKING MADE EASY

QUICK 'N CRISPY BAKED HAKE

with a toasted almond and hard cheese crust & roast carrot wedges

A warm array of textures and flavours: soft, flaky hake with a crust of crushed almonds, lemon zest, and cheese; complemented by crisp carrot wedges and a side of wilted spinach. Comforting and classy.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

360g	Carrot <i>peeled (optional) & cut into long wedges</i>
15g	Flaked Almonds
15ml	Grated Italian-Style Hard Cheese
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
1	Hake Fillet
1	Garlic Clove <i>peeled & grated</i>
75g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. ROAST THE CARROTS Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. TOASTY, FLAKY ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden-brown, shifting occasionally. Remove from the pan on completion and set aside to cool. Once cool enough to handle, roughly chop or crush using a pestle and mortar until a chunky crumb.

3. ALMOND-CRUSTED HAKE Weigh out 20g of butter and place in a bowl. Melt in the microwave or oven until just soft enough to smear. Be careful not to melt completely. Mix in the grated Italian-style hard cheese, the crushed almonds, three-quarters of the chopped parsley, and some lemon zest to taste. Place the hake fillet skin-side down on a lightly greased baking tray. Pat dry with some paper towel and season to taste. Cover the top in the almond crust, patting it into the flesh until evenly coated. Bake in the oven for 18-20 minutes until cooked through and crispy on the outside. Don't worry if some crust falls off during the cooking process.

4. GARLICKY SPINACH Return the pan to a medium heat with a drizzle of oil or knob of butter. When hot, fry the grated garlic for 30-60 seconds until fragrant, shifting frequently. Add the shredded spinach and sauté for 1-2 minutes until wilted. On completion, season to taste and remove the pan from the heat.

5. FINISH UP Once the carrots are roasted, toss through some lemon zest and the juice of 1 lemon wedge.

6. TANTALISE YOUR TASTE BUDS Plate the golden, crunchy hake alongside helpings of sautéed spinach and roast carrots. Garnish with the remaining chopped parsley and serve with a lemon wedge on the side. And there you have it, Chef!

Nutritional Information

Per 100g

Energy	288kj
Energy	69Kcal
Protein	5.5g
Carbs	7g
of which sugars	3g
Fibre	2.3g
Fat	1.9g
of which saturated	0.3g
Sodium	150mg

Allergens

Egg, Dairy, Allium, Fish, Tree Nuts

Cook
within 1
Day