



UCOOK

Golden Hake & Spicy Corn Salad

with fresh coriander & carrot wedges

Flaky & delicate hake is coated in a seafood rub, baked to perfection and sided with caramelised oven-roasted carrot wedges. The dish is elevated with a spicy corn & bean salad tossed with fresh salad leaves. A tangy sour cream drizzle adds a creamy final touch.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemell Willemborg

Carb Conscious

Groote Post Winery | Groote Post Chenin Blanc

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
30g	Sunflower Seeds
3	Hake Fillets
15ml	NOMU Spanish Rub
90ml	Sour Cream
150g	Corn
15ml	Dried Chilli Flakes
180g	Black Beans <i>drain & rinse</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. LIVING ON A WEDGE Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 5 minutes, sprinkle over the sunflower seeds.

2. THERE GOES THE FISH When the carrot wedges have 15-20 minutes remaining, pat the hake dry with paper towel. Place on a lightly greased baking tray (or the tray with the carrot wedges), skin-side down. Coat in oil, the NOMU rub, and seasoning. Bake in the hot oven until cooked through and flakey, 15-20 minutes.

3. DASHING DRIZZLE In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

4. SPICY SALSA Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Add the chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat, toss through the drained beans, and set aside.

5. VEGGIE MEDLEY Just before serving, toss the corn & bean mix with the rinsed salad leaves, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED Plate up the golden hake. Side with the carrot wedges & sunflower seeds and the corn salad. Drizzle over the loosened sour cream and sprinkle over the chopped parsley. Delish work, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	340kj
Energy	81kcal
Protein	5.9g
Carbs	9g
of which sugars	2.8g
Fibre	2.1g
Fat	2.3g
of which saturated	0.7g
Sodium	109mg

Allergens

Cow's Milk, Allium, Fish

Eat
Within
1 Day