



# UCCOOK

## Hake Puttanesca

with roasted butternut & Danish-style feta

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Chloe Hughes

**Wine Pairing:** Piekenierskloof | Old Vines Carel van Zyl Grenache 2023

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 267kJ    | 2110kJ      |
| Energy             | 64kcal   | 505kcal     |
| Protein            | 4.5g     | 35.8g       |
| Carbs              | 7g       | 58g         |
| of which sugars    | 2.5g     | 19.4g       |
| Fibre              | 1.6g     | 12.8g       |
| Fat                | 1.3g     | 10g         |
| of which saturated | 0.5g     | 3.9g        |
| Sodium             | 139mg    | 1101mg      |

**Allergens:** Sulphites, Fish, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                              |
|----------|------------|------------------------------------------------------------------------------|
| 250g     | 500g       | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into half-moons</i> |
| 3g       | 5g         | Fresh Thyme<br><i>rinse &amp; finely chop</i>                                |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i>                                |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                      |
| 5ml      | 10ml       | Dried Oregano                                                                |
| 150g     | 300g       | Cooked Chopped Tomato                                                        |
| 10g      | 20g        | Capers<br><i>drain &amp; roughly chop</i>                                    |
| 20g      | 40g        | Pitted Kalamata Olives<br><i>drain &amp; cut in half</i>                     |
| 20g      | 40g        | Baby Spinach<br><i>rinse</i>                                                 |
| 1        | 2          | Line-caught Hake Fillet/s                                                    |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                                            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Sugar/Sweetener/Honey  
Butter (optional)

**1. ROAST** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, thyme (to taste), 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. BEGIN THE BASE** Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and the oregano. Fry until fragrant, 1-2 minutes (shifting constantly).

**3. PUTTANESCA** Mix in the cooked chopped tomato, 100ml [200ml] of water, capers, and olives. Simmer until slightly reduced, 10-15 minutes. In the final 1-2 minutes, add the spinach, sweetener (to taste) and seasoning.

**4. HAKE** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

**5. DINNER IS READY** Plate up the butternut and crumble the feta over. Side with the hake and spoon the sauce over the hake. Enjoy, Chef!