



UCCOOK

Hake & Roast Butternut

with Danish-style feta & fresh oregano

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	343.5kJ	1813.8kJ
Energy	82.6kcal	433.9kcal
Protein	6.3g	33.3g
Carbs	5.9g	31.2g
of which sugars	1.5g	7.8g
Fibre	1.1g	5.9g
Fat	2.9g	15.3g
of which saturated	1.6g	8.5g
Sodium	119.4mg	627.1mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1000g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
7.5ml	10ml	Crushed Black Peppercorns
15ml	20ml	Beef Stock
45ml	60ml	Crème Fraîche
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Danish-style Feta <i>drain & crumble</i>
8g	10g	Fresh Oregano <i>rinse & pick</i>
3	4	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey (optional)

- 1. BEGIN THE 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 golden, 35-40 minutes (flipping halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. CREAMY PEPPER SAUCE** Boil the kettle. Place a pan over medium heat with a knob of butter. Once melted, stir in the black pepper, the stock, and 150ml [200ml] of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.
- 3. FETA SALAD** In a bowl, combine the salad leaves, cucumber, the feta, ½ the oregano, a drizzle of olive oil, and seasoning.
- 4. HEAVENLY HAKE** Place a pan over medium-high heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.
- 5. TIME TO DINE** Plate up the fish and drizzle over the au poivre sauce. Side with the fresh salad and the butternut. Garnish with the remaining oregano. Perfection, Chef!