



UCCOOK

Hake Puttanesca

with roasted butternut & Danish-style feta

Hands-on Time: 35 minutes

Overall Time: 50 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 <i>rinse, deseed, peel (optional) & cut into half-moons</i>
3g	5g	Fresh Thyme <i>rinse & finely chop</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Dried Oregano
150g	300g	Cooked Chopped Tomato
10g	20g	Capers <i>drain & roughly chop</i>
20g	40g	Pitted Kalamata Olives <i>drain & cut in half</i>
20g	40g	Baby Spinach <i>rinse</i>
1	2	Line-caught Hake Fillet/s
20g	40g	Danish-style Feta <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!