



UCCOOK

Simonsig's Curried Hake & Butternut

with cabbage slaw & sweet caramelised onions

A golden curried fillet of hake is adorned with caramelised onion and lies atop a bed of sweet butternut mash. Sided with a pickled charred corn coleslaw and garnished with fresh parsley and a drizzle of lemon juice. Simply stunning!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Simonsig

 Quick & Easy

 Simonsig | Kaapse Vonkel Brut

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Ingredients & Prep

200g	Butternut Chunks
1	Onion <i>peeled & finely sliced</i>
4g	Fresh Parsley
100g	Cabbage
15ml	Apple Cider Vinegar
7,5ml	Medium Curry Powder
30ml	Creamy Coleslaw Sauce <i>(15ml That Mayo (Garlic) & 15ml Low Fat Plain Yoghurt)</i>
40g	Corn
1	Line-caught Hake Fillet
15ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Milk (optional)

1. MASH UP Place the butternut chunks in a pot of salted water over a medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add in a sweetener. Remove from the pan, season, and cover.

3. COLESLAW Boil the kettle. Rinse, pick and roughly chop the parsley. Finely slice the cabbage. Place the vinegar in a salad bowl with 2 tbsp of boiling water. Toss through the sliced cabbage, season, and set aside. Loosen the coleslaw sauce with water in 5ml increments until drizzling consistency. Mix in $\frac{1}{4}$ the curry spice (to taste), season and set aside.

4. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. FRY YOUR FISH Place the remaining curry spice in a small bowl, and mix in a drizzle of oil and seasoning. Pat the hake dry with paper towel. Coat in the curried oil. Return the pan to medium heat with a knob of butter or small drizzle of oil. When hot, fry the fish skin-side down until crispy, 3-4 minutes. Flip and fry until cooked through and golden all over, 3-4 minutes. Remove from the pan and set aside.

6. FINISH UP Drain the pickling liquid from the slaw. Mix in the charred corn, $\frac{3}{4}$ the coleslaw sauce, and seasoning. Set aside.

7. GRUB'S UP Plate up the butternut mash, top with the golden hake and the caramelised onion. Drizzle with the remaining coleslaw sauce. Serve the cabbage slaw on the side. Garnish with the chopped parsley and drizzle over the lemon juice. Dive in, Chef!



Chef's Tip

Caramelised onions are best when sliced very finely and cooked very slowly. If you can, fry yours over a low heat, and add on an extra 10-15 minutes cooking time.

Nutritional Information

Per 100g

Energy	300kj
Energy	72kcal
Protein	4.8g
Carbs	9g
of which sugars	2.1g
Fibre	1.8g
Fat	1.2g
of which saturated	0.3g
Sodium	44.7mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day