



UCOOK

Hake Goujons & Butternut Hummus

with toasted pita bread & pumpkin seeds

Oven roasted until golden, hake goujons are sided with a fresh salad of greens, hard cheese ribbons & balsamic vinegar, plus toasted pita quarters. If the homemade roasted garlic & butternut hummus sounds tricky to make, don't worry! You have UCOOK by your side. Treat yourself, Chef.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Morgan Otten

 Adventurous Foodie

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

250g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
10g	Pumpkin Seeds
1	Garlic Clove
150g	Line-caught Hake Goujons
1	Pita Bread
20g	Green Leaves <i>rinsed</i>
10ml	Balsamic Vinegar
20g	Italian-style Hard Cheese <i>peeled into ribbons</i>
40ml	Hummus

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. INDEED TIME FOR SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. IT'S A GO FOR GOUJONS When the butternut has 10 minutes remaining, add the whole, unpeeled garlic cloves to the tray. Move the butternut and the garlic to one side and spread the goujons evenly over the other side of the tray. Season and return to the oven for the remaining time.

4. PERFECT PITA QUARTERS Return the pan to medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

5. SIMPLE SALAD To a bowl, add the rinsed leaves and toss with the balsamic vinegar, a drizzle of olive oil, seasoning, and the cheese ribbons. Set aside.

6. BUTTERNUT HUMMUS When the roast is done, squeeze out the flesh from the roasted garlic cloves and discard the skin. Place the flesh into a blender with the roasted butternut, a drizzle of oil, seasoning, and the hummus. Pulse until smooth, loosen with a drizzle of oil and water in 5ml increments until desired consistency. Remove from the blender and set aside.

7. A SLAM-DUNK DINNER Plate up the golden goujons and serve the fresh salad alongside. Serve the roasted garlic and butternut hummus on the side with a drizzle of olive oil and scatterings of toasted pumpkin seeds. Pile up the pita quarters for dunking!



Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	670kj
Energy	160kcal
Protein	6.4g
Carbs	20g
of which sugars	1.8g
Fibre	2.6g
Fat	5.4g
of which saturated	1g
Sodium	210mg

Allergens

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

Cook
within 1
Day