



UCCOOK

Nut Crusted Hake

with a lemon garlic butter & savoury rice

A delicate hake fillet coated in a flavour packed crumb of flakey almonds, hard cheese, parsley and lemon zest. Sitting on a bed of piquanté pepper, pea, carrot and baby marrow filled savoury rice, doused in drizzles of lemon garlic butter and flecked with fresh parsley garnishes

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Cavalli Estate | White Knight

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Ingredients & Prep

75ml	Brown Basmati Rice
50g	Peas
15ml	Grated Italian-style Hard Cheese
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
25g	Flaked Almond <i>finely chopped</i>
1	Line-caught Hake Fillet
1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>peeled, trimmed & finely diced</i>
100g	Baby Marrow <i>rinsed, trimmed & diced into small pieces</i>
1	Garlic Clove <i>peeled & grated</i>
25g	Piquanté Peppers <i>drained & sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel
Butter

1. COOK RICE Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Mix through the peas and return the lid, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MAKE THE CRUST & BAKE THE HAKE Melt 20g of butter in the microwave or in a small pot. Mix together the grated hard cheese, some lemon zest (to taste), ½ of the chopped parsley, the chopped almonds, melted butter and some pepper to form a crumbly mixture. Pat the hake dry with paper towel and place on a lightly greased baking tray and season to taste. Top with the crumb mixture until evenly coated. Pop in the oven and bake for 15-20 minutes, until cooked through, flakey and golden on the outside.

3. FRY THE VEGGIES Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion, diced carrot, and diced baby marrow pieces for 4-5 minutes until softened, shifting occasionally. In the final 1-2 minutes, add ½ of the grated garlic and cook until fragrant. Add the sliced piquanté peppers and sautéed vegetables to the cooked rice and peas. Season to taste, cover with a lid and set aside to keep warm until serving.

4. FLAVOURED BUTTER & FINISHING TOUCHES Wipe down the pan if necessary and place over a medium-high heat with a drizzle of oil and 30g of butter. Once foaming, fry the remaining grated garlic for 1-2 minutes until fragrant. Remove from the heat and add the juice of 1 lemon wedges (carefully, as the butter gets very hot).

5. PLATE Make a bed of the loaded veggie rice. Top with the crumbed hake and drizzle generously with lemon garlic butter. Garnish with the remaining parsley and a lemon wedge. Enjoy!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	458kj
Energy	110Kcal
Protein	6.1g
Carbs	15g
of which sugars	3.3g
Fibre	2.9g
Fat	2.8g
of which saturated	0.3g
Sodium	44mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day