



# UCOOK

## Soy Sauce & Ginger Hake

with roasted butternut & beetroot

Hake is marinated in soy sauce, ginger, garlic, and spring onion before being cooked to flaky perfection. It is served with golden roasted butternut & beetroot, and is accompanied by a fresh salad. A light meal with heavy flavour!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Aisling Kenny

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Carb Conscious

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Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

800g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
1kg	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
20ml	NOMU Seafood Rub
40g	Fresh Ginger <i>peel &amp; grate</i>
2	Garlic Cloves <i>peel &amp; grate</i>
2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
100ml	Low Sodium Soy Sauce
4	Line-caught Hake Fillets
80g	Salad Leaves <i>rinse</i>

## From Your Kitchen

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

**1. LET'S ROAST!** Preheat the oven to 200°C. Spread the beetroot pieces, and the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. MARINATION STATION** In a shallow bowl, combine the grated ginger, the grated garlic, the spring onion whites, the soy sauce, 40ml of water, and 20ml of a sweetener. Add the hake and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

**3. FISH FRY UP** When the roast has 10 minutes remaining, place a nonstick pan over medium-high heat with a drizzle of oil. When hot, remove the fish from the marinade, reserving the marinade in the bowl, and place in the pan, skin-side down. Fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. In the final minute, add the reserved marinade and a knob of butter (optional) to the pan. Baste the fish with the marinade. Remove from the heat on completion. In a bowl, combine the rinsed salad leaves, the spring onion greens, a drizzle of olive oil, and seasoning.

**4. DREAM DINNER** Plate up the roasted veg and side with the perfectly cooked fish. Drizzle over any remaining marinade. Serve the fresh salad on the side. Dive right in, Chef!

## Nutritional Information

Per 100g

Energy	224kj
Energy	58kcal
Protein	4.9g
Carbs	7g
of which sugars	1.4g
Fibre	1.7g
Fat	0.3g
of which saturated	0g
Sodium	213mg

## Allergens

Gluten, Allium, Wheat, Fish, Soy

Eat  
Within  
1 Day