



UCOOK

Hake, Aubs & Curried Yoghurt

with flaked almonds, sultanas & fresh parsley

This dish takes one's palate on a flavour journey - from the fresh turmeric & curried yoghurt, the toasted whole spice-coated hake, to the oven roasted smoky aubergine & onion medley with pops of sweet sultanas and crunchy flaked almonds. Enjoy the ride, Chef!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Morgan Nell

 Carb Conscious

 Creation Wines | Creation Chardonnay 2022

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Ingredients & Prep

750g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
2	Onions <i>peeled & cut into thick wedges</i>
15ml	Whole Spices <i>(7,5ml Cumin Seeds & 7,5ml Coriander Seeds)</i>
3	Line-caught Hake Fillets
150ml	Greek Yoghurt
7,5ml	Turmeric
15ml	Medium Curry Powder
30g	Golden Sultanas
45g	Flaked Almonds
30ml	Lemon Juice
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ROASTED Preheat the oven to 220°C. Spread out the aubergine chunks and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until softened, shifting halfway.

2. TOASTED Using a pestle and mortar or the back of a sturdy knife, finely crush the whole spices. Alternatively, roughly chop. Place a pan over medium heat. When hot, dry toast the crushed spices for 1-2 minutes until fragrant, shifting constantly. Remove from the pan and place in a bowl with a drizzle of oil and seasoning. Pat the hake fillets dry with paper towel. Use your fingers to rub the crushed spice mixture into the flesh-side of the hake fillets.

3. CURRIED In a small bowl, combine the yoghurt, the turmeric, the curry powder, and seasoning. Add water in 5ml increments until a drizzling consistency. Set aside.

4. FINISHING When the roast has 5-8 minutes remaining, scatter the sultanas and the flaked almonds over the roast and roast for the remaining time. On completion, remove from the oven and drizzle over the lemon juice (to taste).

5. FRYING Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. Remove from the pan on completion.

6. EATING! Plate up the roasted aubergine & onions. Serve the succulent spiced hake alongside and drizzle over the curried yoghurt. Garnish with the chopped parsley and there you have it!

Nutritional Information

Per 100g

Energy	307kJ
Energy	73kcal
Protein	5.8g
Carbs	7g
of which sugars	3.5g
Fibre	2.4g
Fat	2g
of which saturated	0.3g
Sodium	37mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish, Tree Nuts

Cook
within 1
Day