

UCCOOK

Baby Marrow & Pan-seared Hake

with roasted baby potatoes & chimichurri

Hands-on Time: 45 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	308kJ	1660kJ
Energy	74kcal	397kcal
Protein	5.5g	29.7g
Carbs	9g	46g
of which sugars	3g	14g
Fibre	1g	6g
Fat	1.4g	7.4g
of which saturated	0.1g	0.4g
Sodium	134.1mg	723.9mg

Allergens: Allium, Sulphites, Fish

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse & cut in half</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
75ml	100ml	Mustard Dressing <i>(45ml [60ml] Lemon Juice, 15ml [20ml] Dijon Mustard & 15ml [20ml] Coconut Sugar)</i>
300g	400g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
60ml	80ml	Pesto Princess Chimichurri Sauce
3	4	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SALAD In a salad bowl, combine the salad leaves, the baby marrow, the mustard dressing, and season. Set aside in the fridge. Loosen the chimichurri with water in 5ml increments until drizzling consistency. Season and set aside.

3. HAKE Place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

4. DINNER IS READY Dish up the roasted baby potatoes, side with a zingy fresh salad, and the fish. Drizzle the loosened chimichurri over the fish and the potatoes. Cheers, Chef!