



# UCOOK

## Hake Florentine

**with creamed spinach & carrot wedges**

On the menu today is the seafood cousin of chicken florentine. Despite the fancy name, you can look forward to an easy cook. Golden carrot wedges drizzled with honey are plated up with a cream cheese & Italian-style hard cheese-infused spinach, with a perfectly pan fried piece of flaky hake.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Carb Conscious

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Delheim Wines | Delheim Pintoage Rosé

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## Ingredients & Prep

720g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
15ml	NOMU Seafood Rub
2	Bell Peppers <i>rinse, deseed &amp; dice 1½</i>
60g	Spinach <i>rinse &amp; roughly shred</i>
90ml	Cream Cheese
60ml	Grated Italian-style Hard Cheese
3	Line-caught Hake Fillets

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)  
Milk (optional)

**1. ROASTED CARROT** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. CREAMED SPINACH** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced pepper until golden, 3-4 minutes (shifting occasionally). Add the shredded spinach and fry until wilted, 5-6 minutes. Remove from the heat and stir through the cream cheese and the hard cheese. If it's too thick, loosen with a splash of milk until a saucy consistency.

**3. GREAT HAKE** Place a clean pan over medium heat with a drizzle of oil and a knob of butter. 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. In the final 1-2 minutes, baste with the remaining NOMU rub. Remove from the pan and season.

**4. I SEA A DELISH DINNER** Plate up the creamed spinach and top with the hake. Side with the carrot wedges. Lovely work, Chef!

## Nutritional Information

Per 100g

Energy	241kJ
Energy	58kcal
Protein	4.8g
Carbs	5g
of which sugars	2.7g
Fibre	1.7g
Fat	1.8g
of which saturated	1g
Sodium	115mg

## Allergens

Cow's Milk, Egg, Allium, Fish

Eat  
Within  
1 Day