



U C O O K

— COOKING MADE EASY

EPICE'S FRAGRANT HAKE

**with creamy chowder, sautéed leeks &
roast potatoes**

This warm, nourishing dish is inspired by the nostalgia of seaside holidays. I make it at home on colder days to remind me of the sea breeze, the comfort of family and friends, and the rich, diverse flavours of the Cape.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Charné Sampson

 **Easy Peasy**

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Ingredients & Prep

250g	Baby Potatoes rinsed & halved
1	Corn On The Cob silks removed
1	Fish Stock Sachet
200g	Leeks trimmed
10g	Cashew Nut Pieces
10ml	Curry Powder
50ml	White Wine
50ml	Fresh Cream
1	Hake Fillet
20g	Baby Spinach rinsed
1	Lemon one half zested & cut into wedges
20g	Pickled Ginger drained & roughly chopped
5g	Fresh Parsley rinsed & roughly chopped

From Your Kitchen

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

1. GOLDEN ROAST Preheat the oven to 200°C. Boil the kettle. Spread out the halved baby potatoes on a roasting tray with the corn. Coat in oil and season. Pop in the hot oven for 30-35 minutes until the baby potatoes are soft and golden and the corn is charred, shifting halfway.

2. PREP & TOAST THE CASHEWS Dilute only half of the fish stock sachet with 200ml of boiling water. Set aside the remainder for another use. Cut the trimmed leeks in half lengthways and rinse thoroughly. Roughly chop half of them into chunks and set aside. Finely slice the remainder, keeping them separate. Place the cashew pieces in a pot over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. CHOWDER Return the pot to a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the finely sliced leeks for 2-3 minutes until soft (reserve the roughly chopped leeks for later). Add three-quarters of the curry powder to taste and fry for a minute until fragrant. Mix in the white wine, then simmer for a minute until absorbed. Stir through the cream and diluted stock. Lower the heat and allow to simmer for 8-10 minutes until thickened and reduced. When the corn is done, slice the kernels off the cob. In the final 5 minutes, add the corn kernels to the pot. On completion, season to taste and remove from the heat.

4. BAKE THE HAKE Pat the hake fillet dry with some paper towel and place on a lightly greased baking tray. Coat in oil, seasoning, and the remaining curry powder. Bake in the oven for 12-15 minutes until cooked through and perfectly flakey.

5. ZESTY SAUTÉ Place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the remaining leeks for 3-4 minutes until lightly charred. Add the rinsed baby spinach and cook for 2-3 minutes until wilted. Stir in some lemon juice and zest to taste. On completion, season to taste and remove from the heat.

6. EPICE'S TABLE TO YOURS Serve up some golden roast baby potatoes alongside the sautéed leeks and baby spinach. Cover with the creamy chowder and pop the hake fillet on the top. Garnish with the chopped parsley, toasted cashews, and chopped, pickled ginger. Finish off with a lemon wedge on the side. Bon appétit, Chef!

Nutritional Information

Per 100g

Energy	406kj
Energy	97Kcal
Protein	4.4g
Carbs	9g
of which sugars	2.2g
Fibre	1.9g
Fat	3.1g
of which saturated	1.4g
Salt	0.4g

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts, Alcohol

Cook
within 2
Days