



UCOOK

Hazelnut Salsa & Hake

with crispy baby potatoes & charred green beans

Fresh, nutty, crunchy and zesty – this one is bound to be a winner. A smear of creamy pea purée is topped with a golden, pan-fried hake fillet, and adorned with a zesty hazelnut & parsley salsa. Served alongside crispy smashed baby potatoes and charred green beans.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

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Ingredients & Prep

600g	Baby Potatoes <i>rinse</i>
30ml	NOMU Seafood Rub
240g	Green Beans <i>rinse & trim</i>
120g	Peas
2	Garlic Cloves <i>peel & grate</i>
150ml	Fresh Cream
30g	Hazelnuts <i>roughly chop</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	Lemon Juice
3	Line-caught Hake Fillets

From Your Kitchen

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

1. PARBOILED POTTS Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain.

2. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin but keeping them in one piece. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes.

3. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. PEA PURÉE Return the pan to medium heat with a knob of butter and a drizzle of oil. When hot, fry the peas and the grated garlic until fragrant, 3-4 minutes (shifting constantly). Pour in the cream and simmer until heated through, 1-2 minutes. Place the pea & cream mix in a blender, season, and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

5. NUTTY SALSA Place the chopped hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the chopped parsley, the toasted nuts, and ½ the lemon juice.

6. FRY THE FISH Return the pan to medium-high heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter and the remaining rub. Remove from the pan and season.

7. DINNER FOR ROYALTY Smear the pea puree on the plates. Top with the hake and the nut salsa. Serve alongside the smashed potatoes and the charred green beans. Drizzle over the remaining lemon juice. Dive in, Chef!



Chef's Tip

Air fryer method: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Coat in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	417kJ
Energy	100kcal
Protein	6.2g
Carbs	10g
of which sugars	2.2g
Fibre	1.8g
Fat	4.5g
of which saturated	1.9g
Sodium	146mg

Allergens

Allium, Fish, Tree Nuts, Cow's Milk

Eat
Within
1 Day