

UCCOOK

Grilled Hake & Zesty Yoghurt Slaw

with roasted butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	243kJ	1679kJ
Energy	58kcal	402kcal
Protein	4.9g	34.1g
Carbs	7g	52g
of which sugars	2g	14g
Fibre	2g	12g
Fat	0.6g	4g
of which saturated	0.2g	1.5g
Sodium	69.7mg	482.3mg

Allergens: Cow's Milk, Allium, Fish

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
100g	200g	Shredded Cabbage & Julienne Carrots
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	100ml	Greek Yoghurt
1	1	Lemon <i>rinse, zest & cut</i>
1	2	Line-caught Hake Fillet/s
5ml	10ml	NOMU Seafood Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SLAW In a bowl, combine the slaw mix, the spring onion, the yoghurt, some lemon zest (to taste), the lemon juice (to taste) and season. Set aside in the fridge.

3. HAKE Place a pan over medium heat with a light 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. In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and season.

4. DINNER IS READY Dish up the butternut, side with the hake, and the creamy slaw. Finish with a squeeze of the remaining lemon wedge/s over the fish. Cheers, Chef!