



# UCCOOK

## Hake & White Wine Sauce

with minty pea purée

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Paul Cluver | Village Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 360kJ    | 2708kJ      |
| Energy             | 86kcal   | 648kcal     |
| Protein            | 4.8g     | 36.3g       |
| Carbs              | 8g       | 61g         |
| of which sugars    | 2.6g     | 19.2g       |
| Fibre              | 2g       | 14.8g       |
| Fat                | 2.9g     | 21.8g       |
| of which saturated | 1.4g     | 10.7g       |
| Sodium             | 60mg     | 453mg       |

**Allergens:** Cow's Milk, Allium, Sulphites, Fish, Tree Nuts, Alcohol

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                              |
|----------|------------|------------------------------------------------------------------------------|
| 750g     | 1kg        | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into half-moons</i> |
| 15g      | 20g        | Almonds<br><i>roughly chop</i>                                               |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>                              |
| 90ml     | 125ml      | White Wine                                                                   |
| 30g      | 40g        | Capers<br><i>drain &amp; roughly chop</i>                                    |
| 150ml    | 200ml      | Fresh Cream                                                                  |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                     |
| 300g     | 400g       | Peas                                                                         |
| 8g       | 10g        | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>                          |
| 3        | 4          | Line-caught Hake Fillets                                                     |

## From Your Kitchen

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

**1. BEGIN WITH THE BUTTERNUT** 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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. GOLDEN ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CAPER & CREAM SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Pour in the wine and simmer until almost all evaporated, 1-2 minutes. Mix through the capers and remove from the heat. Pour in the cream and simmer until slightly thickening, 1-2 minutes. Remove from the pan and season. Reheat over a low heat before serving.

**4. PEA & MINT PUREE** Return the pan, wiped down, to medium heat with a knob of butter and a drizzle of oil. When hot, fry the garlic and the peas until fragrant, 2-3 minutes (shifting constantly). Pour in 6 [8] tbsp of milk and remove from the heat. Place the pea mixture in a blender with ½ the mint and seasoning. Pulse into a smooth purée. (Alternatively, if you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or a fork, pour in the milk and mix until combined.) Add water in 10ml increments if it's too thick for your liking. Set aside.

**5. CRISPY HAKE** Place a clean pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the fish dry with paper towel. When hot, fry the fish, 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.

**6. SEAFOOD SENSATION** Spread the pea purée out on the plate and top with the golden hake. Drizzle over the white wine sauce and serve the butternut half-moons alongside. Garnish with the toasted nuts and the remaining mint.