

# UCOOK

## Golden Hake & Corn

**with green beans, fresh coriander & dried chilli flakes**

Ever eaten white gold? Delicious line-caught hake is coated in a golden Cape bay & turmeric marinade and roasted alongside bright pumpkin & green beans. Topped with golden flecks of charred corn, spicy pickled red onion & fresh coriander. Your guests will sail the seven seas for this dish, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 3 People


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**Chef:** Thea Richter

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 Carb Conscious

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021

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## Ingredients & Prep

|        |   |
|--------|---|
| 750g   | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>   |
| 22,5ml | Golden Cape Bay<br><i>(7,5ml Ground Turmeric &amp; 15ml Spice &amp; All Things Nice Cape Bay Seasoning)</i> |
| 3      | Line-caught Hake Fillets  |
| 300g   | Green Beans<br><i>rinsed, trimmed &amp; halved</i>  |
| 60ml   | Lime Juice  |
| 7,5ml  | Dried Chilli Flakes   |
| 1      | Red Onion<br><i>¾ peeled &amp; finely sliced</i>  |
| 150g   | Corn  |
| 12g    | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

**1. ORANGE YOU HAPPY?** Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray. Coat in oil, seasoning, and a sweetener of choice (to taste). Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. GREEN & GOLD** In a bowl, combine the golden Cape bay, 30ml of oil, and seasoning. Add the hake and toss until coated. Set aside to marinate. Place the halved green beans in a bowl. Coat in oil and season. Set aside.

**3. PREP STEP** In a large bowl, combine ½ the lime juice, 45ml of water, the chilli flakes (to taste), and 15ml of a sweetener of choice. Add the sliced onion and toss until coated. Set aside to pickle.

**4. SOMETHING'S FISHY** When the pumpkin has 15-20 minutes remaining, add the dressed green beans and the marinated hake fillets to the tray with the pumpkin. Use two trays, if necessary. Roast for the remaining time until cooked through.

**5. THAT SMELLS GOOD!** Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the corn. Fry for 5-6 minutes until starting to char, shifting occasionally. Remove from the pan and add to the bowl with the pickled onion and the pickling liquid. Toss until combined.

**6. TIME TO DINE** Plate up the corn & pickled onion mix. Side with the turmeric hake and the roasted pumpkin & green beans. Drizzle over the remaining lime juice (to taste) and garnish with the chopped coriander. Dive in, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 241kJ  |
| Energy             | 58kcal |
| Protein            | 4.7g   |
| Carbs              | 8g     |
| of which sugars    | 2.7g   |
| Fibre              | 1.9g   |
| Fat                | 0.5g   |
| of which saturated | 0g     |
| Sodium             | 45mg   |

## Allergens

Allium, Fish

Cook  
within 1  
Day