

# UCCOOK

## Italian-style Cheese-crumbed Hake

with sweet potato & a dill yoghurt

Sweet potatoes are covered in a tasty NOMU Italian Rub before being roasted to golden perfection. They are served alongside a hard cheese & panko-crumbed hake fillet, and fresh salad leaves. A dill & lemon yoghurt adds a fresh touch!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Quick & Easy

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 Strandveld | Grenache

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## Ingredients & Prep

750g	Sweet Potato
22,5ml	NOMU Italian Rub
8g	Fresh Dill
60g	Salad Leaves
60g	Radish
150ml	Low Fat Plain Yoghurt
30ml	Lemon Juice
3	Line-caught Hake Fillets
120ml	Cheesy-crumb (60ml Grated Italian-style Hard Cheese & 60ml Panko Breadcrumbs)

## From Your Kitchen

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

**1. SWEET POTATO CHUNKS** Preheat the oven to 220°C. Rinse and cut the sweet potato into bite-sized pieces. Spread the sweet potato pieces on a roasting tray in a single layer. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy on the outside and soft on the inside, 25-30 minutes (shifting halfway).

**2. QUICK PREP** Rinse the dill, the salad leaves, and the radish. Roughly chop the dill and roughly shred the salad leaves. Thinly slice the radish. In a small bowl, combine the yoghurt, ½ the chopped dill, the lemon juice, and seasoning.

**3. CHEESE CRUMB** When the sweet potato pieces reach the halfway mark, pat the hake dry with paper towel. Place skin-side down on a lightly greased baking tray. Coat in oil, season, and top with the cheesy crumb. Bake in the hot oven until cooked through and golden, 15-20 minutes. Dress the shredded salad leaves and the radish rounds with a drizzle of olive oil and seasoning.

**4. DIG IN!** Plate up the roasted sweet potato pieces. Side with the crumbed hake and the dressed salad. Dollop over the dill yoghurt and garnish with the remaining dill. Great job, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	353kj
Energy	84kcal
Protein	6.4g
Carbs	10g
of which sugars	3.2g
Fibre	1.3g
Fat	1.3g
of which saturated	0.5g
Sodium	115mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Fish

Cook  
within 1  
Day