

UCCOOK

Sicilian Veggies & Hake

with olives & fresh oregano

Fresh hake is grilled with butter and spice whilst being gently grilled to flaky perfection. It is served alongside roasted butternut, tomato and piquanté peppers, in addition to capers & olives to add some Sicilian flair! Sprinkled with fragrant oregano and a squeeze of lemon juice, freshness is the name of the game.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

250g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & cut into wedges</i>
1	Tomato <i>cut into wedges</i>
20g	Pitted Kalamata Olives <i>drained & halved</i>
10g	Capers <i>drained</i>
10ml	White Wine
1	Garlic Clove <i>peeled & grated</i>
1	Line-caught Hake Fillet
7.5ml	NOMU Seafood Rub
20g	Piquanté Peppers <i>drained & roughly sliced</i>
3g	Fresh Oregano <i>rinse & picked</i>
10ml	Lemon Juice

From Your Kitchen

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

1. SICILIAN-STYLE VEGGIES Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CAPERS & OLIVES When the roast has 15-20 minutes remaining, remove the tray from the oven. Toss through the tomato wedges, halved olives, the drained capers, the wine, and the grated garlic to the tray. Return to the oven to roast for the remaining time.

3. FLAKY HAKEY Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with a 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 minute, baste the hake with the NOMU rub. Remove from the pan and season.

4. SICILIAN FEAST! Dish up the Sicilian-style veg with the flaky spiced hake and scatter over the piquanté peppers. Garnish with the picked oregano and drizzle the lemon juice. Well done, Chef!

Nutritional Information

Per 100g

Energy	264kJ
Energy	63kcal
Protein	4.6g
Carbs	8g
of which sugars	2.6g
Fibre	1.6g
Fat	0.7g
of which saturated	0.1g
Sodium	163mg

Allergens

Allium, Sulphites, Fish, Alcohol

Cook
within 1
Day