



WCOOK

Crunchy Hake & Pesto Peas

with butternut half-moons

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Grootse Post Winery | Grootse Post-Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	415kJ	2474kJ
Energy	99kcal	592kcal
Protein	7g	41.6g
Carbs	10g	61g
of which sugars	1.9g	11.6g
Fibre	1.9g	11.5g
Fat	4.2g	25.1g
of which saturated	1.1g	6.3g
Sodium	67mg	401mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, peel (optional) & cut into half-moons</i>
30ml	40ml	Cornflour
125ml	160ml	Pea Crumb
3	4	Line-caught Hake Fillets
90ml	125ml	Pesto Princess Basil Pesto
240g	320g	Peas
45ml	60ml	Lemon Juice
90ml	125ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Paper Towel

1. ROASTED BUTTERNUT Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COAT & CRUMB Boil the kettle. Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing the cornflour (seasoned lightly), and one containing the crumb. Coat the fish in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each piece of fish. Set aside.

3. PESTO PEAS & DILL YOGHURT In a bowl, loosen the pesto with olive oil until a drizzling consistency. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and add to the bowl with the loosened pesto. Mix in ½ the lemon juice (to taste) and season. Mash the pesto peas with a potato masher or fork and set aside. In a small bowl, combine ½ the dill, the yoghurt, the remaining lemon juice (to taste) and seasoning.

4. FAB FISH Place a pan over medium-high heat with enough oil to cover the base. Fry the crumbed fish until golden and cooked through, 2-3 minutes per side. You may need to do this step in batches. Remove from the pan and drain on paper towel.

5. DILL-ICIOUS! Plate the crispy fish. Side with the roasted butternut and the pesto peas. Serve with the creamy tangy dill sauce for dipping. Garnish with the remaining dill and enjoy, Chef!