

# QCOOK

## Spicy Creamy Hake

with orzo, roasted butternut & fresh parsley

**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry White 3L

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 451kJ    | 3180kJ      |
| Energy             | 108kcal  | 761kcal     |
| Protein            | 5.4g     | 38g         |
| Carbs              | 13g      | 94g         |
| of which sugars    | 2.5g     | 17.4g       |
| Fibre              | 1.6g     | 11g         |
| Fat                | 2.8g     | 19.9g       |
| of which saturated | 1.5g     | 10.4g       |
| Sodium             | 97mg     | 683mg       |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Fish

**Spice Level:** Hot

Eat Within 1 Day



## Ingredients & Prep Actions:

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|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 750g     | 1kg        | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i> |
| 225ml    | 300ml      | Orzo Pasta  |
| 3        | 4          | Line-caught Hake Fillets  |
| 1        | 1          | Onion<br><i>peel &amp; finely dice ¾ [1]</i>  |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>  |
| 30ml     | 40ml       | NOMU Spanish Rub  |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely slice</i>                     |
| 150ml    | 200ml      | Fresh Cream   |
| 45ml     | 60ml       | Lemon Juice   |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                              |

## From Your Kitchen

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

1. **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 crispy, 30-35 minutes (shifting halfway).

2. **OR-ZO GOOD!** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

3. **FLIPPING GOOD FISH** When the butternut has 15-20 minutes remaining, place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, until crispy and golden, 3-4 minutes. Flip and fry the other side until browned but not cooked through, 2-3 minutes. Remove from the pan.

4. **SPICY, CREAMY & DREAMY** Return the pan, wiped down, to medium heat with a drizzle of oil. Fry the onion until soft, 2-3 minutes (shifting occasionally). Add the garlic, the NOMU rub, and the chilli (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cream and 150ml [200ml] of water. Simmer until slightly thickened, 3-4 minutes.

5. **HOOKED ON HAKE** Once the sauce has thickened, add the browned hake and simmer until cooked through, 1-2 minutes. Add the lemon juice (to taste) and season.

6. **FINAL FLAIR** Add the roasted butternut and ½ the parsley to the orzo. Mix until combined.

7. **INDULGE!** Plate up the loaded orzo. Top with the hake and the creamy sauce. Sprinkle over the remaining parsley. Well done, Chef!