



UCOOK

Hake Florentine

with creamed spinach & carrot wedges

On the menu today is the seafood cousin of chicken florentine. Despite the fancy name, you can look forward to an easy cook. Golden carrot wedges drizzled with honey are plated up with a cream cheese & Italian-style hard cheese-infused spinach, with a perfectly pan fried piece of flaky hake.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Carb Conscious

Delheim Wines | Delheim Pintoage Rosé

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
5ml	NOMU Seafood Rub
1	Bell Pepper <i>rinse, deseed & dice ½</i>
20g	Spinach <i>rinse & roughly shred</i>
30ml	Cream Cheese
20ml	Grated Italian-style Hard Cheese
1	Line-caught Hake Fillet

From Your Kitchen

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

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CREAMED SPINACH Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced pepper until golden, 2-3 minutes (shifting occasionally). Add the shredded spinach and fry until wilted, 3-4 minutes. Remove from the heat and stir through the cream cheese and the hard cheese. If it's too thick, loosen with a splash of milk until a saucy consistency.

3. GREAT HAKE Place a clean pan over medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with 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 1-2 minutes, baste with the remaining NOMU rub. Remove from the pan and season.

4. I SEA A DELISH DINNER Plate up the creamed spinach and top with the hake. Side with the carrot wedges. Lovely work, Chef!

Nutritional Information

Per 100g

Energy	241kJ
Energy	58kcal
Protein	4.8g
Carbs	5g
of which sugars	2.7g
Fibre	1.7g
Fat	1.8g
of which saturated	1g
Sodium	115mg

Allergens

Cow's Milk, Egg, Allium, Fish

Eat
Within
1 Day