



UCCOOK

Chipotle Hake & Sweet Potato

with cucumber & almonds

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Calorie Conscious: Serves 1 & 2

Chef: Caitlin Swanepoel

Nutritional Info

	Per 100g	Per Portion
Energy	404kj	1697kj
Energy	96kcal	405kcal
Protein	7.3g	30.8g
Carbs	10g	40g
of which sugars	3g	14g
Fibre	2g	7g
Fat	2.5g	10.5g
of which saturated	0.2g	0.9g
Sodium	198mg	833mg

Allergens: Sulphites, Fish, Tree Nuts, Allium

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Sweet Potato Chunks <i>cut into bite-size chunks</i>
5ml	10ml	NOMU Spanish Rub
10g	20g	Almonds <i>roughly chop</i>
1	2	Line-caught Hake Fillet/s
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20ml	40ml	Greek Dressing
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly coat with cooking spray or oil (optional), NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. HAKE When the roast has 8-10 minutes to go, return the pan to medium heat. Pat the hake dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.

4. SALAD In a salad bowl, combine the cucumber, salad leaves, nuts, and Greek dressing. Toss to coat and season.

5. TIME TO EAT Dish up the sweet potatoes, side with the hake, and spread the chipotle chillies over the fish (to taste). Serve the salad on the side and enjoy, Chef!