



# UCOOK

## Tomato-caper Hake

**with sweet potato mash, fresh parsley & pitted green olives**

This mouthwatering Mediterranean-inspired dish is the perfect meal for an evening in. A generous serving of sweet & tangy tomato sauce is layered with pops of briny green olives and topped with a crispy-skin hake fillet. Sided with a sweet potato mash and fresh dressed leaves. Be warned: this dish will have you hooked on hake, Chef!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Morgan Otten

---

 Fan Faves

---

 Strandveld | Adamastor White Blend

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Sweet Potato <i>peeled &amp; cut into bite-sized pieces</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
5ml	NOMU Italian Rub
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	Red Wine Vinegar
5g	Capers <i>drained &amp; roughly chopped</i>
100g	Cooked Chopped Tomato
20g	Pitted Green Olives <i>drained &amp; cut in half</i>
1	Line-caught Hake Fillet
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter (optional)  
Milk (optional)

**1. SWEET MASH** Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

**2. FRY FOR FRAGRANCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft and browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, the grated garlic, the vinegar, and the chopped capers. Fry until fragrant, 1-2 minutes (shifting constantly).

**3. TOMATO SAUCE** When the garlic is fragrant, add the cooked chopped tomato, the halved olives, 50ml of water, and a sweetener. Simmer until thickened, 5-7 minutes. Add a splash of water if it's too thick. Remove from the heat and season.

**4. HERE'S TO HAKE!** Place a clean pan over medium heat with a drizzle of oil and a knob of butter (optional). 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. Remove from the pan and season.

**5. DRESSED LEAVES** In a salad bowl, dress the rinsed salad leaves with olive oil and seasoning.

**6. SERVICE, PLEASE!** Plate up the tomato sauce and the hake. Side with the sweet potato mash and dressed salad leaves. Sprinkle over the chopped parsley. Delish, Chef!

## Nutritional Information

Per 100g

Energy	282kJ
Energy	67kcal
Protein	4.4g
Carbs	9g
of which sugars	3.7g
Fibre	1.6g
Fat	0.8g
of which saturated	0.1g
Sodium	169mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 1  
Day