



UCOOK

Hake & Sun-dried Tomato Lentils

with crème fraîche, kale & fresh oregano


Loaded lentils, featuring fried onion, tangy sun-dried tomatoes, zesty white wine, and earthy kale - all smothered in a creamy lemon-butter sauce. Then comes the crispy-skinned seared hake. Finally, a drizzle of lemon juice and a sprinkling of fresh oregano. The coast is clear for you to start cooking, Chef!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

100g	Kale <i>rinsed & roughly shredded</i>
20g	Almonds <i>roughly chopped</i>
1	Onion <i>peeled & roughly sliced</i>
20ml	Tomato Paste
40ml	White Wine
120g	Lentils <i>drained & rinsed</i>
40g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
100ml	Crème Fraîche
8g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
20ml	Lemon Juice
2	Line-caught Hake Fillets

From Your Kitchen

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

1. ALL HAIL THE KALE Place the shredded kale in a bowl with some seasoning. Using your hands, gently massage until softened. Set aside.

2. YES, ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast for 2-3 minutes until golden, shifting occasionally. Remove from the pan and set aside.

3. IT'S DINE O'CLOCK Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced onion for 4-5 minutes until golden, shifting occasionally. Add the tomato paste and the wine, and cook for 1-2 minutes until mostly all evaporated. Add the massaged kale, the drained lentils, the chopped sun-dried tomatoes and a splash of water. Cook for 3-4 minutes until the kale is wilted.

4. ADD SOME YUMMY GOODIES When the kale is wilted, remove the pan from the heat and stir through the crème fraîche, a knob of butter, ½ the chopped oregano, ½ the lemon juice (to taste), a sweetener, and seasoning. Loosen with a splash of warm water, if necessary. Cover to keep warm.

5. FRY, FLIP, FRY Place a clean pan over medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When hot, fry the hake, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for 3-4 minutes until cooked through.

6. DISH UP DINNER Dish up the saucy kale & lentils and top with the seared hake. Drizzle over the remaining lemon juice (to taste), and garnish with the remaining oregano. Great work, Chef!

Nutritional Information

Per 100g

Energy	581kJ
Energy	139kcal
Protein	8.4g
Carbs	10g
of which sugars	3.4g
Fibre	3.7g
Fat	6.6g
of which saturated	2.9g
Sodium	63mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts, Alcohol

Cook
within 1
Day