



UCOOK

Take-Me-To-The-Med Baked Hake

with an olive, tomato and feta salsa,
Italian herbs & basil pesto

The freshness of fish, fragrance of Italian herbs, ping of basil pesto, rich flavour of Greek-style salsa, and nourishment of sweet potato wedges – enough to whisk you off on your dream Mediterranean holiday!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 **Easy Peasy**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
25g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
4g	Fresh Basil <i>rinsed & roughly chopped</i>
40g	Danish-style Feta <i>drained</i>
1	Line-caught Hake Fillet
5ml	NOMU Italian Rub
1	Lemon <i>one ½ zested & cut into wedges</i>
30ml	Pesto Princess Basil Pesto
100g	Spinach <i>rinsed & shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. SUCCULENT POTATOES Preheat the oven to 200°C. Place the sweet potato wedges on a roasting tray, coat in oil, and season. Spread out in a single layer and roast in the hot oven for 30-35 minutes.

2. FRESH GREEK-STYLE SALSA Place the halved baby tomatoes, the chopped olives, and $\frac{3}{4}$ of the chopped basil in a bowl. Crumble in the drained feta, drizzle with oil, and season. Toss to combine and set aside for serving.

3. IT'S A HAKE BAKE When the wedges have 15 minutes remaining, pat the hake dry with paper towel. Coat in oil, the Italian Rub, and the lemon zest to taste. Pop on top of the wedges and return the tray to the oven for the remaining roasting time. On completion, the fish should be cooked through and the sweet potato should be crisping up.

4. LET'S MIX IT UP Loosen the basil pesto with olive oil until drizzling consistency, mixing well to combine. Season to taste and set aside for serving.

5. BUTTER UP YOUR SPINACH Place a pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, sauté the shredded spinach for 3-4 minutes until wilted. Remove from the heat on completion and season.

6. EASY AS PIE! Make a bed of nourishing spinach. On top, plate the hake fillet, sweet potato wedges, and Greek-style salsa next to one another. Drizzle over the basil pesto and garnish with the remaining chopped basil. Serve with a lemon wedge or two, and there you have it: your Mediterranean flavour excursion!



Chef's Tip

Here's a foolproof method for cleaning your fresh-from-the-earth spinach! Submerge it in water, give it a swirl, then let it rest for a few minutes to allow any sand to sink to the bottom. Remove and rinse thoroughly with fresh water.

Nutritional Information

Per 100g

Energy	408kJ
Energy	98Kcal
Protein	5g
Carbs	7g
of which sugars	2.8g
Fibre	1.8g
Fat	4.6g
of which saturated	1.4g
Sodium	340mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Egg, Fish

Cook
within 2
Days