



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: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Morgan Otten

 Fan Faves

 Strandveld | Adamastor White Blend

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Ingredients & Prep

1kg	Sweet Potato <i>peeled & cut into bite-sized pieces</i>
2	Onions <i>peeled & roughly diced</i>
20ml	NOMU Italian Rub
2	Garlic Cloves <i>peeled & grated</i>
60ml	Red Wine Vinegar
20g	Capers <i>drained & roughly chopped</i>
400g	Cooked Chopped Tomato
80g	Pitted Green Olives <i>drained & cut in half</i>
4	Line-caught Hake Fillets
80g	Salad Leaves <i>rinsed & roughly shredded</i>
15g	Fresh Parsley <i>rinsed, picked & 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, 20-25 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, 5-6 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, 200ml of water, and a sweetener. Simmer until thickened, 8-10 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