



UCCOOK

Asian Hake & Roasted Veg

with roasted butternut & beetroot

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Aisling Kenny

Nutritional Info

	Per 100g	Per Portion
Energy	277kj	1940kj
Energy	66kcal	464kcal
Protein	5g	35.1g
Carbs	7g	51g
of which sugars	1g	10g
Fibre	2g	12g
Fat	1g	7g
of which saturated	0.2g	1.1g
Sodium	210mg	1474mg

Allergens: Fish, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
5ml	10ml	NOMU Seafood Rub
10g	20g	Cashew Nuts
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
25ml	50ml	Low Sodium Soy Sauce
1	2	Line-caught Hake Fillet/s
20g	40g	Salad Leaves <i>rinse</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

Oil (cooking, olive or coconut) (optional)

1. LET'S ROAST! Preheat the oven to 200°C. Spread the beetroot and the butternut on a roasting tray. Coat in some cooking spray or oil, the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

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

3. MARINATION STATION In a shallow bowl, combine the ginger, the garlic, the spring onion whites, the soy sauce and 10ml [20ml] of water. Add the hake and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

4. FISH FRY UP When the roast has 10 minutes remaining, place a nonstick pan over medium-high heat and lightly add cooking spray or oil. When hot, remove the fish from the marinade, reserving the marinade in the bowl, and place it in the pan, skin-side down. Fry the hake until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. In the final minute, add the reserved marinade to the pan. Baste the fish with the marinade. Remove from the heat on completion. In a bowl, combine the salad leaves, the cashew nuts and the spring onion greens.

5. DREAM DINNER Plate up the roasted veg and side with the perfectly cooked fish. Drizzle over any remaining marinade. Serve the fresh salad on the side. Dive right in, Chef!