



UCCOOK

Homemade Hake Fishcakes

with rustic tartare & a fresh green salad


Dig into our classic homemade butternut and hake fishcakes served with a tartare sauce of gherkins, capers, yoghurt, and lemon juice. Sided with a cucumber & radish salad. A scrumptious dinner awaits!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded, peeled & cut into bite-sized pieces</i>
1	Line-caught Hake Fillet <i>skin removed</i>
3g	Fresh Dill <i>rinsed, picked & finely chopped</i>
7.5ml	NOMU Seafood Rub
7,5ml	Dijon Mustard
30ml	Low Fat Plain Yoghurt
5g	Capers <i>drained & roughly chopped</i>
25g	Gherkins <i>drained & finely diced</i>
15ml	Lemon Juice <i>rinse & cut into half-moons</i>
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>rinsed & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GET MASHING Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place into a bowl and smash with a fork until rustic mash texture. Set aside.

2. FISHCAKE FEAST Boil the kettle. Place a pot over medium-high heat. Add water and bring it back to a boil. Reduce the heat to a gentle simmer and carefully place the hake fillet into the water. Poach the fish until the flesh is opaque, 10-12 minutes. Remove from the pot, and gently flake the flesh with a fork, discarding any bones. Add to the bowl with the mashed butternut, and combine with ½ the chopped dill, the NOMU rub, seasoning, and the Dijon mustard. Roll the hake and butternut mixture into 2-3 fishcakes. Set aside in the fridge to chill, at least 15 minutes.

3. TARTARE TIME In a bowl, combine the yoghurt, the chopped capers, the chopped gherkins, the lemon juice, and seasoning. Set aside.

4. BAKE THE CAKES Place the fishcakes on a baking tray and coat in oil. Bake in the hot oven, 15-20 minutes. In the final 5 minutes, turn the oven to grill or the highest setting, and grill until golden brown and cooked through.

5. MAKE THE SALAD In a salad bowl, toss together the rinsed salad leaves, the radish rounds, the cucumber half-moons, a drizzle of olive oil, and seasoning. Set aside.

6. DISH UP Serve your baked hake & butternut fishcakes with a dollop of homemade tartare and the fresh salad on the side. Sprinkle over the remaining dill. Dig in, Chef!



Chef's Tip

Lightly sprinkle boiling water onto the skin of the fish to 'firm' it up before removing it. This will make the process of peeling it off happen more smoothly.

Nutritional Information

Per 100g

Energy	210kj
Energy	50kcal
Protein	4.5g
Carbs	6g
of which sugars	1.8g
Fibre	1.4g
Fat	0.6g
of which saturated	0.1g
Sodium	143mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day