

Eat Within 1 Day

UCOOK

Hake, Dill & Caper-mayo Salad

with charred patty pans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	462kJ	2073kJ
Energy	111kcal	496kcal
Protein	6.1g	27.6g
Carbs	4g	16g
of which sugars	2.5g	11.3g
Fibre	1.2g	5.4g
Fat	7.5g	33.6g
of which saturated	0.5g	2.4g
Sodium	132mg	594mg

Allergens: Sulphites, Fish, Tree Nuts

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds *roughly chop*
80g	160g	Patty Pans *rinse, trim & cut into bite-sized pieces*
50ml	100ml	Mayo
10g	20g	Capers *drain & roughly chop*
10ml	20ml	Lemon Juice
3g	5g	Fresh Dill *rinse, pick & roughly chop*
20g	40g	Salad Leaves *rinse & roughly shred*
1	1	Tomato *rinse & dice*
1	2	Line-caught Hake Fillet/s

From Your Kitchen

Seasoning (salt & pepper)
Water
Butter (optional)
Paper Towel
Oil (cooking, olive or coconut)

1. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHARRED PATTY PANS Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans until charred but still crunchy, 2-3 minutes. Remove from the pan and season.

3. ZINGY CAPER MAYO In a bowl, combine the mayo with the capers, ½ the lemon juice (to taste), the dill, a drizzle of olive oil and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

4. COLOURFUL SALAD To a salad bowl, add the salad leaves and the tomatoes. Toss with the remaining lemon juice, the charred patty pans, and a drizzle of olive oil.

5. HEAVENLY HAKE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. 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.

6. DELISH DISH Plate up the golden hake and drizzle with the dill-caper mayo. Serve the dressed salad alongside and scatter over the toasted nuts.