



UCCOOK

Classic Fish & Chips

with a tartar sauce

Some classics should simply stay the way they are. Like the old time favourite of fish & chips. A generous portion of homemade oven potato chips are plated next to golden line-caught hake goujons, together with a have-to-dip-with-every-bite tartar sauce, dotted with dill and gherkins.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Creation Wines | Creation Rosé

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Ingredients & Prep

400g	Potato <i>peel (optional) & cut into 1cm thick chips</i>
50ml	Mayo
20g	Gherkins <i>drain & finely dice</i>
3g	Fresh Dill <i>rinse, pick & finely chop</i>
1 pack	Line-caught Hake Goujons

From Your Kitchen

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

1. FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 40-45 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

2. SOME PREP In a small bowl, combine the mayo, the chopped gherkins, the chopped dill, and seasoning.

3. GOUJONS When the fries have 10-15 minutes remaining, place a pan over medium heat with enough oil to cover the base. When hot, fry the goujons until golden and crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season.

4. TIME TO EAT Plate up the fries. Side with the hake goujons and the tartar sauce for dipping. Enjoy, Chef!



Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	598kj
Energy	143kcal
Protein	4.1g
Carbs	16g
of which sugars	1.7g
Fibre	1.9g
Fat	7.2g
of which saturated	0.5g
Sodium	110mg

Allergens

Gluten, Wheat, Sulphites, Fish

Eat
Within
2 Days