



# UCCOOK

## Hake & Caper Relish

with lemon & parsley baby potatoes

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Nitida | Riesling

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 266kJ    | 2305kJ      |
| Energy             | 64kcal   | 551kcal     |
| Protein            | 4g       | 35g         |
| Carbs              | 9g       | 82g         |
| of which sugars    | 2.1g     | 17.8g       |
| Fibre              | 1.6g     | 13.7g       |
| Fat                | 0.8g     | 7.2g        |
| of which saturated | 0.1g     | 0.6g        |
| Sodium             | 88mg     | 761mg       |

**Allergens:** Cow's Milk, Allium, Sulphites, Fish

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|      |       |   |
|------|-------|---|
| 2    | 2     | Onions<br><i>peel &amp; finely slice 1½ [2]</i>       |
| 90ml | 125ml | Apple Cider Vinegar                                   |
| 750g | 1kg   | Baby Potatoes   |
| 2    | 2     | Lemons<br><i>rinse &amp; cut into wedges</i>          |
| 8g   | 10g   | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i> |
| 30g  | 40g   | Sunflower Seeds                                       |
| 60g  | 80g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>      |
| 60g  | 80g   | Capers<br><i>drain &amp; finely chop</i>              |
| 3    | 4     | Garlic Cloves<br><i>peel &amp; grate</i>              |
| 3    | 4     | Line-caught Hake Fillets                              |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

1. **LET'S COOK!** In a bowl, combine the onion, the vinegar, a sweetener (to taste), and seasoning. Set aside.

2. **LEMON-PARSLEY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, add a knob of butter, season, and cover. Just before serving, toss through a squeeze of lemon juice and ½ the parsley.

3. **SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. **NUTTY SALAD & RELISH** In a salad bowl, toss the salad leaves with a drizzle of olive oil, the seeds, and seasoning. Set aside. To the bowl with the pickled onions, add the capers, the garlic (to taste), 45ml [60ml] of olive oil, the remaining parsley, and seasoning. Set aside.

5. **FLAKY HAKE** Return the pan to medium heat with a drizzle of oil and a knob of butter. 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. **SO-GOOD SEAFOOD** Plate up the hake and the lemon and parsley buttered potatoes. Spoon the onion and caper relish over the hake. Side with the dressed salad and any remaining lemon wedges.