



# UCOOK

## British Hake & Roasted Veg

with homemade tartar sauce

A beautiful hake fillet is pan-fried until crispy and partnered with roasted carrot & red onion wedges. Sided with a homemade dill & gherkin tartar sauce and a fresh pea, almond & feta salad.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Carb Conscious

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 Vergelegen | Premium Sauvignon Blanc

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## Ingredients & Prep

|       |  |
|-------|--|
| 960g  | Carrot<br><i>rinsed, trimmed, peeled &amp; cut into wedges</i> |
| 2     | Onions<br><i>peeled &amp; cut into wedges</i>                  |
| 160ml | Low Fat Plain Yoghurt  |
| 100g  | Gherkins<br><i>drained &amp; finely diced</i>                  |
| 10g   | Fresh Dill<br><i>rinsed, picked &amp; roughly chopped</i>      |
| 160g  | Peas   |
| 40g   | Almonds<br><i>roughly chopped</i>                              |
| 4     | Line-caught Hake Fillets                                       |
| 80g   | Green Leaves<br><i>rinsed</i>                                  |
| 40ml  | Lemon Juice  |
| 120g  | Danish-style Feta<br><i>drained</i>                            |

## From Your Kitchen

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

**1. VEGGIE ROAST** Preheat the oven to 200°C. Spread the carrot & onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. TARTAR SAUCE** Boil the kettle. In a bowl, combine the yoghurt, the diced gherkins, ½ the chopped dill, and seasoning. Set aside. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**3. GOLDEN ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FLAKY 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. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry until cooked through, 3-4 minutes. Season.

**5. GREEN SALAD** In a bowl, combine the plumped peas, the rinsed green leaves, the toasted almonds, the lemon juice, and a drizzle of olive oil. Crumble in the drained feta and toss together.

**6. NOSH TIME** Plate up the roasted carrot & onion. Side with the pea salad and the golden hake. Sprinkle over the remaining dill and serve the tartare sauce on the side for dunking. Great work, Chef!



## Chef's Tip

Air fryer method: Coat the carrot & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 325kj  |
| Energy             | 78kcal |
| Protein            | 5.7g   |
| Carbs              | 7g     |
| of which sugars    | 3g     |
| Fibre              | 2.2g   |
| Fat                | 2.6g   |
| of which saturated | 1g     |
| Sodium             | 99mg   |

## Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook  
within 1  
Day