



UCOOK

Golden Battered Hake Tortillas

with tomato salsa, cabbage & jalapeños

Toasty tortillas, smeared with lime yoghurt, and covered with a zingy, flavourful tomato salsa and shredded cabbage, all sitting under golden battered hake. Coriander and pickled jalapeños finish off these tasty treats with flourish and flair.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

2	Tomatoes <i>rinsed & finely diced</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
45ml	Lime Juice
150ml	Low Fat Plain Yoghurt
125ml	Self-raising Flour
3	Line-caught Hake Fillets
6	Wheat Flour Tortillas
200g	Cabbage <i>1½ rinsed & thinly sliced</i>
45g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. SALSA & YOGHURT To a bowl, add the diced tomato, ½ the chopped coriander, ¾ of the lime juice, a drizzle of olive oil, and seasoning. Toss to combine. In a small bowl, combine the yoghurt with the remaining lime juice.

2. CRISPY, GOLDEN HAKE Place the self-raising flour in a shallow bowl with 2 tbsp of water and seasoning. Mix until a smooth batter forms. Place a pot over medium-high heat with enough oil to deep-fry the hake. Pat the hake dry with paper towel and cut into 2-3cm thick strips. Carefully coat each strip in the batter and lower into the hot oil. Deep-fry until the batter is golden and the hake is cooked through, 3-5 minutes (flipping each strip halfway). Remove from the pot and drain on paper towel. Season while still hot.

3. TOASTY TORTILLAS Place a pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. SIMPLY STUNNING Drain the tomato salsa and discard the excess liquid. Lay down the warm tortillas and smear on a layer of the lime yoghurt. Cover with the sliced cabbage, top with the golden, battered hake and sprinkle over the tomato salsa. Dollop over any remaining yoghurt. Garnish with the remaining coriander and the chopped jalapeños. Dive in, Chef!



Chef's Tip

For a fluffier batter, replace the water with soda or sparkling water.

Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	7.2g
Carbs	16g
of which sugars	2.2g
Fibre	1.5g
Fat	2.1g
of which saturated	0.7g
Sodium	187mg

Allergens

Gluten, Dairy, Wheat, Sulphites, Fish

Cook
within 1
Day