

UCCOOK

Crispy Hake & Pea Purée

with potato wedges & homemade tartar sauce

A homemade pea purée is the start of this heavenly plate of hake, which is spiced with NOMU Seafood Rub and a homemade tartar sauce with delicate dill, creamy yoghurt & gherkins. Completed with a must-have serving of oven-roasted potato wedges. Time to dive in, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

***New Calorie Conscious**

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
50ml	Low Fat Plain Yoghurt
25g	Gherkins <i>drain & roughly chop</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
100g	Peas
1	Garlic Clove <i>peel & grate</i>
50ml	Low Fat Cottage Cheese
1	Line-caught Hake Fillet
2,5ml	NOMU Seafood Rub

From Your Kitchen

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

1. POTATO WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TARTAR SAUCE In a bowl, combine the yoghurt, the chopped gherkins (to taste), ½ the chopped dill and seasoning. Set aside.

3. CREAMY PEA PUREE Return the pan to medium heat with a drizzle of oil. When hot, add the peas and the grated garlic, and fry until fragrant, 2-3 minutes (shifting constantly). Remove from the heat and mix in the cottage cheese until heated through, 1-2 minutes. Place the creamy pea mix in a blender, season, and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

4. NOMU-SPICED HAKE When the potatoes reach the halfway mark, pat the hake dry with paper towel. Place the hake skin-side down on a lightly greased baking tray. Coat in a small amount of oil, the NOMU rub, and seasoning. Bake in the hot oven until cooked through, 15-20 minutes.

5. SEAFOOD SENSATION Smear the pea purée on one side of the plate and top with the golden hake. Serve the potato wedges alongside and dollop over the tartar sauce. Garnish with the remaining dill.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	325kJ
Energy	78kcal
Protein	7.1g
Carbs	10g
of which sugars	2g
Fibre	2g
Fat	0.8g
of which saturated	0.3g
Sodium	96.5mg

Allergens

Cow's Milk, Allium, Sulphites, Fish

Eat
Within
1 Day