



UCCOOK

Niçoise-style Salad & Hake

with baby potatoes, green beans & pickled red onion

This delicious Niçoise salad recipe is summer on a plate. Perfectly grilled and flaked hake is paired with baby potatoes, crunchy green beans, tangy pickled red onions, and salty pops of capers. Tossed in the most delicious Dijon mustard dressing. Quick, yummy, and full of flavour!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Paserene | The Shiner White Blend

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Ingredients & Prep

800g	Baby Potatoes <i>rinsed & halved</i>
1	Red Onion
80ml	Dressing <i>(60ml White Wine Vinegar & 20ml Dijon Mustard)</i>
320g	Green Beans
200g	Cucumber
2	Tomatoes
80g	Salad Leaves
40g	Capers
4	Line-caught Hake Fillets

From Your Kitchen

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

1. BABY TOTS Place the halved baby potatoes in a pot of salted water over high heat. Pop on the lid and bring to the boil. Once boiling, remove the lid, and reduce the heat. Simmer for 25-30 minutes until cooked through and soft. Remove from the heat and drain. Cover with the lid to keep warm.

2. IN A PICKLE While the potatoes are boiling, peel and thinly slice the onion and place in a bowl. Add the dressing and 20ml of a sweetener of choice. Toss until combined and set aside to pickle.

3. PREPARATION STATION Rinse and trim the green beans. Cut the cucumber into half-moons. Roughly dice the tomatoes. Rinse and roughly shred the salad leaves. Drain and roughly chop the capers.

4. BEAN THERE, CHEF! Place a pan over medium-high heat with a splash of water. When starting to bubble, simmer the trimmed green beans for 6-7 minutes until cooked al dente. Toss with a drizzle of oil, season, and remove from the pan.

5. IT'S A FRY-UP Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, for 3-4 minutes until crispy. Flip, and fry the other side for 3-4 minutes until cooked through. Remove from the pan and place on a chopping board. Using two forks, one to secure the hake and the other to flake, gently flake the hake. Discard the skin, if preferred. Season to taste.

6. TASTY SALAD Drain the dressing from the onion and place the dressing in a bowl. Set the pickled onion aside. To the bowl with the dressing, add the boiled potatoes, the chopped capers, the diced tomato, the cucumber half-moons, a drizzle of olive oil, and the cooked green beans. Toss until combined and season to taste.

7. TIME TO DINE Make a bed of the shredded salad leaves. Top with niçoise-style salad, the flaked hake, and the pickled onion. Voilà, Chef!

Nutritional Information

Per 100g

Energy	226kJ
Energy	54kcal
Protein	4g
Carbs	7g
of which sugars	2.1g
Fibre	1.3g
Fat	0.4g
of which saturated	0g
Sodium	89.4mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day