



UCOOK

Doos Wine's Hake Goujon Burger

with roasted butternut chips & a chutney
mayo

This gorgeous seafood dish will go swimmingly - from start to finish, Chef! Hake goujons are fried until golden, crispy perfection and placed on a pan-toasted burger bun with a chutney-infused mayo. Served with flippin' delicious butternut chips.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Doos Winery

Quick & Easy

Doos Wine | Doos Pink 3L

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Butternut Chips
100ml	Chutney Mayo <i>(20ml Mrs Balls Chutney & 80ml Mayo)</i>
10ml	Smoked Paprika
20ml	Lemon Juice
2	Burger Buns
2 packs	Hake Goujons
20g	Green Leaves <i>rinse & shred</i>

From Your Kitchen

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

1. GOOD. BETTER. BUTTERNUT CHIPS. Coat the butternut chips in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In a smaller bowl, combine the chutney mayo with the smoked paprika, the lemon juice (to taste), a drizzle of water and seasoning. Set aside.

2. GOLDEN BURGER BUN Halve the burger buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

3. GO, GO GOUJONS Return the pan to medium heat with enough oil to cover the base. When hot, fry the goujons until golden and crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season. Alternatively, air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

4. HEAVENLY HAKE BURGER Plate up one half of the toasted buns with a smear of mayo and top with the shredded leaves, the golden goujons, another dollop of mayo and close up with the other half of the toasted bun. Serve up the golden butternut chips alongside. Reward yourself with a glass of Doos wine - the perfect pairing!



Chef's Tip

Oven method: Spread the butternut chips on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	668kJ
Energy	160kcal
Protein	4.6g
Carbs	19g
of which sugars	3.9g
Fibre	1.7g
Fat	7.2g
of which saturated	0.6g
Sodium	163.5mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Fish, Soy

Eat
Within
2 Days