



UCOOK

Caesar-style Hake Goujon Salad

with tomato wedges & Italian-style hard cheese

Load up your fork and enjoy crunchy croutons, crispy hake goujons, ribbons of Italian-style hard cheese, tangy tomato, & crispy greens with every bite, Chef! Coated in a sophisticated Caesar & chive dressing. Prepared to be hooked on this recipe from the very first taste.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

Fan Faves

Laborie Estate | Laborie Chenin Blanc

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Ingredients & Prep

4 packs	Line-caught Hake Goujons
200ml	Creamy Caesar Dressing
2	Tomatoes <i>rinse & cut into thin wedges</i>
160g	Green Leaves <i>rinse & roughly shred</i>
120g	Croutons
80g	Italian-style Hard Cheese <i>peel into ribbons</i>
10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

1. GO-GO GOUJONS Place a pan over 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.

2. COLOURFUL SALAD In a bowl, combine the tomato wedges, the shredded leaves, the croutons, the cheese ribbons, and a drizzle of olive oil.

3. CAESAR & CHIVE DRESSING To a bowl, add the Caesar dressing, and ½ the chopped chives. Loosen with 5ml increments of water until drizzling consistency.

4. DIVE INTO DINNER Plate up the fresh salad. Top with the crispy goujons, and drizzle over the Caesar dressing. Garnish with the remaining chives. Enjoy!



Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	664kJ
Energy	159kcal
Protein	6.8g
Carbs	13g
of which sugars	1.4g
Fibre	1.2g
Fat	8.7g
of which saturated	1.3g
Sodium	271mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Fish

Eat
Within
1 Day