



# UCOOK

## Hake Goujons & Pea Purée

with roasted carrots & potatoes

Get swept off your feet with this seafood dish. Featuring crispy hake goujons, a homemade mint & pee purée, and an oven roasted veggie medley of baby potatoes & carrot. Sided with a zesty green salad and garnished with fresh mint. It's oh-fish-ial Chef, you made an amazing meal!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Groote Post Winery | Groote Post Sauvignon blanc 2023

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## Ingredients & Prep

960g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
400g	Baby Potato <i>rinsed &amp; cut into thick rounds</i>
4 packs	Line-caught Hake Goujons
1	Garlic Heads <i>peeled &amp; grated</i>
200g	Peas
10g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
40ml	Lemon Juice
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Milk  
Blender (optional)

**1. ROAST** Preheat the oven to 200°C. Spread the carrot pieces and the potato rounds on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

**2. GOUJONS** Place the hake goujons on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until crisp and cooked through, 10-12 minutes.

**3. PEA PUREE** Place a pan over medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated garlic and the peas until fragrant, 3-4 minutes (shifting constantly). Pour in 8 tbsp of milk and remove from the heat. Place the pea mixture in a blender with ½ the chopped mint and seasoning. Pulse until a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or a fork, pour in the milk and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

**4. SOME FRESHNESS** In a bowl, combine the lemon juice with a drizzle of olive oil, and seasoning. Mix to emulsify and toss through the shredded salad leaves.

**5. TIME TO EAT** Smear the pea purée on a plate and top with the crisp hake goujons. Side with the roasted veggies and the fresh salad leaves. Garnish with the remaining mint. Well done, Chef!



## Chef's Tip

Air fryer method: Air fry the goujons at 180°C until crispy, 8-10 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	398kJ
Energy	95kcal
Protein	3.8g
Carbs	13g
of which sugars	3.2g
Fibre	2.2g
Fat	3.2g
of which saturated	0.2g
Sodium	91mg

## Allergens

Gluten, Dairy, Allium, Wheat, Fish

Cook  
within 2  
Days