

UCCOOK

Zucchini Breeze & Pan-seared Hake

with roasted baby potatoes & chimichurri

A heavenly piece of pan-fried hake is plated with a gorgeous salad of baby marrow ribbons, pickled onion, & crisp greens that are tossed in a dijon mustard-infused vinaigrette. Served with golden baby potatoes and dollops of Pesto Princess Chimichurri Sauce.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

600g	Baby Potatoes <i>rinse & cut in half</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
300g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
60g	Pickled Onions <i>roughly slice</i>
60ml	Vinaigrette <i>(45ml Apple Cider Vinegar & 15ml Dijon Mustard)</i>
90ml	Pesto Princess Chimichurri Sauce
3	Line-caught Hake Fillets

From Your Kitchen

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

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

2. SALAD In a salad bowl, combine the shredded salad leaves, the baby marrow ribbons, the sliced onions, the vinaigrette, and season. Set aside in the fridge. Loosen the chimichurri with water in 5ml increments until drizzling consistency. Season and set aside.

3. HAKE Place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

4. DINNER READY Dish up the roasted baby potatoes, side with a zingy fresh salad, and the fish. Drizzle the loosened chimichurri over the fish and the potatoes. Cheers, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	313kJ
Energy	75kcal
Protein	5.5g
Carbs	8g
of which sugars	2g
Fibre	1g
Fat	1.8g
of which saturated	0.1g
Sodium	149.8mg

Allergens

Allium, Sulphites, Fish

Eat
Within
1 Day