



UCOOK

Hellmann's Hake Goujon Summer Salad

with julienne carrots & a Hellmann's mayo dressing

A light refreshing salad is paired with golden hake goujons to bring you an explosion of crunch, crispiness, and that satisfying crackling sound when you bite down on these crispy-coated hake goujons, sided with loaded bulgur wheat featuring julienne carrots & pops of charred corn. Finished with fresh dill and balanced with a Hellmann's mayo drizzle.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hellmann's

Quick & Easy

Domaine Des Dieux | Petit Rosé

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Ingredients & Prep

50g	Corn
50ml	Hellmann's Mayo
75ml	Bulgur Wheat
25ml	Gherkins <i>drain & roughly chop</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
75g	Julienne Carrots
15ml	Lemon Juice
1 pack	Line-caught Hake Goujons
3g	Fresh Dill <i>rinse & pick</i>

From Your Kitchen

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

1. CHARRED CORN Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. While the corn is frying, loosen the mayo with a splash of water until drizzling consistency.

2. LOADED BULGUR Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain, if necessary, and fluff with a fork. Add the chopped gherkins, the rinsed leaves, the julienne carrots, the lemon juice, the charred corn, and seasoning.

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.

4. DILL-ICIOUS DINNER Plate up the loaded bulgur with the crispy goujons. Drizzle over the mayo and sprinkle over the picked dill.



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	907kJ
Energy	217kcal
Protein	5.7g
Carbs	21g
of which sugars	1.9g
Fibre	3g
Fat	12.6g
of which saturated	1.6g
Sodium	117mg

Allergens

Egg, Gluten, Wheat, Sulphites, Fish

Eat
Within
2 Days