



UCOOK

Harry Hartman's Lemon & Herb Hake

with a minty pea & potato salad


We will have you hooked on hake with just one bite of this dish, Chef. Our bait will be the golden, crispy hake that is topped with a garlic, lemon zest & fresh herb panko breadcrumb. Then you will be reeled in hook, line & sinker with a creamy crème fraîche, fresh mint & potato salad with pops of peas & radish rounds.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Harry Hartman

 Adventurous Foodie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

| | |
|------|---|
| 200g | Potato <i>rinsed, peeled (optional) & cut into bite-sized pieces</i> |
| 9g | Mixed Herbs <i>(3g Fresh Parsley, 3g Fresh Mint & 3g Fresh Dill)</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 40ml | Panko Breadcrumbs |
| 1 | Lemon <i>¼ rinsed, zested & cut into wedges</i> |
| 30ml | Crème Fraîche |
| 50g | Peas |
| 20g | Salad Leaves <i>rinsed & roughly shredded</i> |
| 20g | Radish <i>rinsed & thinly sliced into rounds</i> |
| 1 | Line-caught Hake Fillet |
| 5ml | NOMU Seafood Rub |
| 30g | Danish-style Feta <i>drained</i> |

From Your Kitchen

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

1. BUTTERY POTATOES Place the potato pieces in a pot (with a lid) of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and season. Cover and shake until the butter is melted. Set aside.

2. PREP THE HERBS Rinse the fresh herbs. Pick and roughly chop the dill and the parsley. Set aside. Pick and roughly chop ½ the rinsed mint, reserve the whole leaves, and set aside.

3. ZESTY CRUMB Place a pan over medium-high heat with 30g of butter and a drizzle of oil. Once melted, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the breadcrumbs until completely coated in the melted butter. Fry until lightly toasted and golden, 30 seconds to 1 minute. Remove from the heat and mix through the chopped dill, the chopped parsley, the lemon zest (to taste), and seasoning. Remove from the pan and set aside.

4. CREAMY PEA SALAD Loosen the creme fraiche with water in 5ml increments until drizzling consistency. To the pot of boiled potato, mix through the peas, the chopped mint (to taste), the loosened crème fraîche, the shredded leaves, and the radish rounds. Season and set aside.

5. CRISPY HAKE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). 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. In the final minute, baste the fish with a knob of butter (optional), the juice from 1 lemon wedge, and the NOMU rub. Remove from the pan, reserve the pan juices, and season.

6. SEA-RIOUSLY GOOD FOOD Serve up the golden hake and drizzle with any reserved pan juices. Garnish the fish with the herby crumb. Side with the minty pea potato salad and crumble over the feta. Garnish with the reserved mint leaves and serve any remaining lemon on the side.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 465kJ |
| Energy | 111kcal |
| Protein | 7.1g |
| Carbs | 12g |
| of which sugars | 1.5g |
| Fibre | 2g |
| Fat | 4.1g |
| of which saturated | 2.3g |
| Sodium | 143mg |

Allergens

Gluten, Dairy, Allium, Wheat, Fish

Cook
within 1
Day