



UCOOK

Hake & Curried Mayo

with a fresh green salad & roasted carrot wedges

One bite of this dish, and you'll be hooked, Chef! A crispy-skin hake fillet is covered with dollops of zesty curry mayo. This heavenly hake shares a plate with oven-roasted carrot wedges and a pickled onion, chilli flakes, greens & cucumber salad.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Zevenwacht | Zeven Rosé

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Ingredients & Prep

720g	Carrots <i>rinse, trim, peel & cut into wedges</i>
60g	Pickled Onions <i>drain & thinly slice</i>
7,5ml	Dried Chilli Flakes
150g	Cucumber <i>rinse & cut into half-moons</i>
120g	Salad Leaves <i>rinse & roughly shred</i>
150ml	Mayo
15ml	Medium Curry Powder
30ml	Lemon Juice
3	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. CRISPY CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SPICY SALAD To a salad bowl, add the sliced onions. Toss with the chilli flakes (to taste), the cucumber half-moons, the shredded leaves, a drizzle of olive oil and seasoning. Set aside.

3. CURRY MAYO In a small bowl, combine the mayo with the curry powder and lemon juice (both to taste). Season and set aside.

4. FLIP & FRY THE FISH Place a pan over 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. Remove from the pan and season.

5. DIVE IN! Plate up the carrot wedges with the golden hake alongside. Serve with the fresh salad and dollops of the curried mayo over the fish.

Nutritional Information

Per 100g

Energy	377kJ
Energy	90kcal
Protein	4.7g
Carbs	7g
of which sugars	3.5g
Fibre	1.6g
Fat	5g
of which saturated	0.4g
Sodium	111mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
1 Day