



# UCOOK

## Hake Goujon Spring Salad

with julienne carrots & 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 mayo drizzle.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Quick & Easy

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

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

## From Your Kitchen

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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.

## Nutritional Information

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Per 100g

Energy	833kj
Energy	199kcal
Protein	5.7g
Carbs	23g
of which sugars	3g
Fibre	3.1g
Fat	10.1g
of which saturated	0.8g
Sodium	159mg

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## Allergens

Gluten, Wheat, Sulphites, Fish

Eat  
Within  
2 Days