

UCCOOK

Hake & Caper Relish

with lemon & parsley baby potatoes

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 319kj | 1924kj |
| Energy | 76kcal | 460kcal |
| Protein | 5.3g | 32g |
| Carbs | 10g | 57g |
| of which sugars | 2g | 10g |
| Fibre | 1g | 7g |
| Fat | 1.1g | 6.8g |
| of which saturated | 0.1g | 0.6g |
| Sodium | 123mg | 743mg |

Allergens: Sulphites, Fish, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 90ml | 120ml | Apple Cider Vinegar |
| 750g | 1kg | Baby Potatoes |
| 90ml | 120ml | Lemon Juice |
| 8g | 10g | Fresh Parsley <i>rinse, pick & finely chop</i> |
| 30g | 40g | Sunflower Seeds |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 60g | 80g | Capers <i>drain & finely chop</i> |
| 3 | 4 | Garlic Cloves <i>peel & grate</i> |
| 3 | 4 | Line-caught Hake Fillets |

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Cooking Spray

- 1. LET'S COOK!** In a bowl, combine the onion, the vinegar, a sweetener (to taste), and seasoning. Set aside.
- 2. LEMON-PARSLEY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover. Just before serving, toss through the lemon juice and ½ the parsley.
- 3. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. NUTTY SALAD & RELISH** In a salad bowl, toss the salad leaves with the seeds and seasoning. Set aside. To the bowl with the pickled onions, add the capers, the garlic (to taste), 45ml [60ml] of olive oil, the remaining parsley, and seasoning. Set aside.
- 5. FLAKY HAKE** Place a pan over medium heat. Pat the hake dry with paper towel and lightly coat with cooking spray. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.
- 6. SO-GOOD SEAFOOD** Plate up the hake and the lemon and parsley potatoes. Spoon the onion and caper relish over the hake. Side with the dressed salad.