

UCCOOK

Dill, Caper Mayo & Hake Salad

with charred patty pans

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 462kJ | 2073kJ |
| Energy | 111kcal | 496kcal |
| Protein | 6.1g | 27.6g |
| Carbs | 3.6g | 16.1g |
| of which sugars | 2.5g | 11.3g |
| Fibre | 1.2g | 5.4g |
| Fat | 7.5g | 33.6g |
| of which saturated | 0.5g | 2.4g |
| Sodium | 132mg | 594mg |

Allergens: Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 10g | 20g | Almonds <i>roughly chop</i> |
| 80g | 160g | Patty Pans <i>rinse, trim & cut into bite-sized pieces</i> |
| 50ml | 100ml | Mayo |
| 10g | 20g | Capers <i>drain & roughly chop</i> |
| 10ml | 20ml | Lemon Juice |
| 3g | 5g | Fresh Dill <i>rinse, pick & roughly chop</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 1 | 1 | Tomato <i>rinse & dice</i> |
| 1 | 2 | Line-caught Hake Fillet/s |

From Your Kitchen

Seasoning (salt & pepper)

Water

Butter (optional)

Paper Towel

Oil (cooking, olive or coconut)

- 1. A IS FOR ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. CHARRED PATTY PANS** Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans until charred but still crunchy, 2-3 minutes. Remove from the pan and season.
- 3. ZINGY CAPER MAYO** In a bowl, combine the mayo with the capers, ½ the lemon juice (to taste), the dill, a drizzle of olive oil and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.
- 4. COLOURFUL SALAD** To a salad bowl, add the salad leaves and the tomatoes. Toss with the remaining lemon juice, the charred patty pans, and a drizzle of olive oil.
- 5. HEAVENLY 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. 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.
- 6. DELISH DISH** Plate up the golden hake and drizzle with the dill-caper mayo. Serve the dressed salad alongside and scatter over the toasted nuts.