



# UCOOK

## Delheim's Crispy Coconut Fish Fingers

**with roasted gem squash & a zingy cucumber salad**

Golden sticks of hake are coated with coconut and fried until crispy. Sided with a fresh green salad and a mouthwatering honey-mayo for dunking. It's a yes for this yummy dish, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Delheim Winery

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 Carb Conscious

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 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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## Ingredients & Prep

4	Gem Squash <i>halved &amp; deseeded</i>
4	Line-caught Hake Fillets
20ml	NOMU Seafood Rub
200ml	Desiccated Coconut
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
200g	Cucumber <i>roughly diced</i>
2	Lemons <i>cut into wedges</i>
185ml	Honey Mustard <i>(40ml Dijon Mustard, 20ml Honey &amp; 125ml Kewpie Mayo)</i>

## From Your Kitchen

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

**1. ROAST SQUASH** Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil, and season. Roast in the hot oven until cooked through and soft, 30-35 minutes. At the halfway mark, pop a small knob of butter into each half.

**2. CRUMB THE FISH** Pat the hake dry with paper towel and slice into 2-3cm thick sticks (it should be about 4-5 sticks per fillet). Coat the fish sticks with the NOMU rub and seasoning. Whisk 2 eggs in a shallow bowl with 4 tsp of water. Prepare a second shallow dish containing the desiccated coconut. First coat the fish sticks in the egg, and then the desiccated coconut. Make sure each fish stick is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings.

**3. FRY THE FISH** Place a pan over medium heat with enough oil to cover the base. When hot, add the crumbed fish sticks and fry until golden and cooked through, 2-3 minutes per side. Remove from the pan, drain on paper towel, and season.

**4. FRESH SALAD & SOME PREP** In a bowl, combine the rinsed salad leaves, the diced cucumber, seasoning, and a squeeze of lemon juice.

**5. TIME TO EAT** Plate up the roasted gem squash. Side with the golden fish and the fresh salad. Serve with any remaining lemon wedges and the honey-mustard mayo on the side for dunking. Good job, Chef!



## Chef's Tip

Air-fryer method: Coat the gem squash in oil and season. Air fry at 200°C for 25-30 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	497kJ
Energy	119kcal
Protein	5.1g
Carbs	4g
of which sugars	1.8g
Fibre	2g
Fat	4.7g
of which saturated	3.2g
Sodium	123mg

## Allergens

Egg, Dairy, Allium, Sulphites, Fish, Soy

Cook  
within 1  
Day