



UCCOOK

Golden Battered Hake Tortillas

with tomato salsa, salad leaves & jalapeños

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	471kJ	2499kJ
Energy	113kcal	598kcal
Protein	7.1g	37.9g
Carbs	15g	81g
of which sugars	1.6g	8.4g
Fibre	1.4g	7.3g
Fat	2g	10.4g
of which saturated	0.9g	4.9g
Sodium	182mg	966mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
15ml	30ml	Lime Juice
50ml	100ml	Low Fat Plain Yoghurt
40ml	80ml	Self-raising Flour
1	2	Line-caught Hake Fillet/s
2	4	Wholewheat Tortillas
40g	80g	Green Leaves <i>rinse & roughly shred</i>
15g	30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

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

1. SALSA & YOGHURT To a bowl, add the tomato, ½ the chives, ¾ of the lime juice, a drizzle of olive oil, and seasoning. Toss to combine. In a small bowl, combine the yoghurt with the remaining lime juice.

2. CRISPY, GOLDEN HAKE Place the self-raising flour in a shallow bowl with 3 [6] tbsp of water and seasoning. Mix until a smooth batter forms and add water in 10ml increments if it's too thick. Place a pot over medium-high heat with enough oil to deep-fry the hake. Pat the hake dry with paper towel and cut into 2-3cm thick strips. Carefully coat each strip in the batter and lower into the hot oil. Deep-fry until the batter is golden and the hake is cooked through, 3-5 minutes (flipping each strip halfway). Remove from the pot and drain on paper towel. Season while still hot.

3. TOASTY TORTILLAS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. SIMPLY STUNNING Drain the tomato salsa and discard the excess liquid. Lay down the warm tortillas and smear on a layer of the lime yoghurt. Cover with the green leaves, top with the golden, battered hake and sprinkle over the tomato salsa. Dollop over any remaining yoghurt. Garnish with the remaining chives and the jalapeños. Dive in, Chef!