

UCCOOK

Hake & Caper Relish

with lemon & parsley baby potatoes

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

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 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 1 | Onion <i>peel & finely slice ½ [1]</i> |
| 30ml | 60ml | Apple Cider Vinegar |
| 250g | 500g | Baby Potatoes |
| 30ml | 60ml | Lemon Juice |
| 3g | 5g | Fresh Parsley <i>rinse, pick & finely chop</i> |
| 10g | 20g | Sunflower Seeds |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20g | 40g | Capers <i>drain & finely chop</i> |
| 1 | 2 | Garlic Clove/s <i>peel & grate</i> |
| 1 | 2 | Line-caught Hake Fillet/s |

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), 15ml [30ml] 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.