

UCCOOK

Tasty Hake Salad

with potato & a UCCOOK Honey Mustard Dressing

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Rhea Hsu

Nutritional Info	Per 100g	Per Portion
Energy	352kj	2020kj
Energy	84kcal	484kcal
Protein	5.9g	34g
Carbs	9g	54g
of which sugars	2g	13g
Fibre	2g	10g
Fat	4.6g	26.3g
of which saturated	0.3g	2g
Sodium	129.6mg	744.8mg

Allergens: Allium, Sulphites, Fish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into bite-sized chunks</i>
120g	160g	Peas
30g	40g	Sunflower Seeds
3	4	Line-caught Hake Fillets
15ml	20ml	NOMU Seafood Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
3 units	4 units	UCOOK Honey Mustard Dressing
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. BOIL POTATOES Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, season, and cover.

2. FOR THE FRESHNESS Boil the kettle. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and set aside.

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. IT'S ALL ABOUT THE HAKE Place a pan over medium heat and lightly spray with cooking spray. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. During the final 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.

5. SALAD PERFECTION Make a bed of the salad leaves and the cucumber. Scatter over the potato, the peas, the sunflower seeds, and top with the hake. Drizzle over the dressing and garnish with the parsley. Finish it off with a crack of black pepper. Dig in, Chef.

Chef's Tip Lightly coat the potato with cooking spray and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).