



# UCOOK

## British Hake & Roasted Veg

with homemade tartar sauce

A beautiful hake fillet is pan-fried until crispy and partnered with roasted carrot & red onion wedges. Sided with a homemade dill & gherkin tartar sauce and a fresh pea, almond & feta salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Carb Conscious

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 Vergelegen | Premium Sauvignon Blanc

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## Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled &amp; cut into wedges</i>
1	Onion <i>½ peeled &amp; cut into wedges</i>
40ml	Low Fat Plain Yoghurt
25g	Gherkins <i>drained &amp; finely diced</i>
3g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
40g	Peas
10g	Almonds <i>roughly chopped</i>
1	Line-caught Hake Fillet
20g	Green Leaves <i>rinsed</i>
10ml	Lemon Juice
30g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. VEGGIE ROAST** Preheat the oven to 200°C. Spread the carrot & onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. TARTAR SAUCE** Boil the kettle. In a bowl, combine the yoghurt, the diced gherkins, ½ the chopped dill, and seasoning. Set aside. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**3. GOLDEN ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FLAKY 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. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry until cooked through, 3-4 minutes. Season.

**5. GREEN SALAD** In a bowl, combine the plumped peas, the rinsed green leaves, the toasted almonds, the lemon juice, and a drizzle of olive oil. Crumble in the drained feta and toss together.

**6. NOSH TIME** Plate up the roasted carrot & onion. Side with the pea salad and the golden hake. Sprinkle over the remaining dill and serve the tartare sauce on the side for dunking. Great work, Chef!



## Chef's Tip

Air fryer method: Coat the carrot & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	325kj
Energy	78kcal
Protein	5.7g
Carbs	7g
of which sugars	3g
Fibre	2.2g
Fat	2.6g
of which saturated	1g
Sodium	99mg

## Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook  
within 1  
Day