



UCOOK

Harry Hartman's Lemon & Herb Hake

with a minty pea & potato salad


We will have you hooked on hake with just one bite of this dish, Chef. Our bait will be the golden, crispy hake that is topped with a garlic, lemon zest & fresh herb panko breadcrumb. Then you will be reeled in hook, line & sinker with a creamy creme fraiche, fresh mint & potato salad with pops of peas & radish rounds.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Harry Hartman

 Adventurous Foodie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

400g	Potato <i>rinsed, peeled (optional) & cut into bite-sized pieces</i>
15g	Fresh Parsley + Fresh Mint + Dill <i>(5g Fresh Parsley, 5g Fresh Mint & 5g Fresh Dill)</i>
1	Garlic Clove <i>peeled & grated</i>
1	Panko Breadcrumbs
1	Lemon <i>½ rinsed, zested & cut into wedges</i>
60ml	Crème Fraîche
100g	Peas
40g	Salad Leaves <i>rinsed & roughly shredded</i>
40g	Radish <i>rinsed & thinly sliced into rounds</i>
2	Line-caught Hake Fillets
10ml	NOMU Seafood Rub
60g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

Nutritional Information

Per 100g

Energy	465kj
Energy	111kcal
Protein	7.1g
Carbs	12g
of which sugars	1.5g
Fibre	2g
Fat	4.1g
of which saturated	2.3g
Sodium	143mg

Allergens

Gluten, Dairy, Allium, Wheat, Fish

Cook
within 1
Day