



UCOOK

Crumbed Hake & Sweet Potato Chips

with a dill & tartar sauce, panko breadcrumbs & olives

Are you ready for a mouthwatering, easy meal? Can you handle a hake fillet with a crispy coating and flakey flesh? Do sweet potato wedges give you life? Does a tartar sauce and a fresh salad sound like heaven? If you answered yes, this is the dinner for you!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Alvi's Drift | Sparkling Brut Blanc de Blanc

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
30ml	Low Fat Plain Yoghurt
25g	Gherkins <i>drained & finely diced</i>
3g	Fresh Dill <i>rinsed & finely chopped</i>
55ml	Spiced Panko Crumb <i>(5ml NOMU One For All Rub & 50ml Panko Breadcrumbs)</i>
1	Line-caught Hake Fillet
20g	Salad Leaves <i>rinsed</i>
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
15ml	Lemon Juice

From Your Kitchen

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

1. FOR THE PERFECT WEDGES... Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. MIX IT UP, THEN GET CRUMBING! In a small bowl, combine the yoghurt, the diced gherkins, and $\frac{3}{4}$ of the chopped dill. Season and set aside. Heat 30g of butter in the microwave or in a small pot over the stove until completely melted. Remove from the microwave or stove, and add in the spiced panko crumb and a small drizzle of oil. Season and mix until well combined. Pat the hake dry with paper towel and place skin-side down on a lightly greased baking tray. Coat the flesh side in the crumb mixture and set aside.

3. THE HAKE HEADS INTO THE OVEN When the wedges have been cooking for 10 minutes, give them a shift and return to the oven. Pop in the tray of hake and bake for the remaining roasting time until the wedges are caramelised, the hake is cooked through, and the crumb is crispy.

4. TOSS YOUR SALAD Place the rinsed salad leaves and the chopped olives in a bowl. Toss together with the lemon juice (to taste), 5ml of olive oil, and seasoning.

5. CRISPY, FISHY INDULGENCE Plate the crispy hake alongside the gorgeous wedges, a generous dollop of tartar crème, and the fresh salad. Finish by garnishing with the remaining dill. Easy as that, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	325kj
Energy	78kcal
Protein	5.2g
Carbs	11g
of which sugars	3g
Fibre	1.3g
Fat	0.8g
of which saturated	0.1g
Sodium	133mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,
Fish

Cook
within 1
Day