



UCOOK

Hake Goujons & Pea Purée

with roasted carrots & potatoes

Get swept off your feet with this seafood dish. Featuring crispy hake goujons, a homemade mint & pee purée, and an oven roasted veggie medley of baby potatoes & carrot. Sided with a zesty green salad and garnished with fresh mint. It's oh-fish-ial Chef, you made an amazing meal!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Groote Post Winery | Groote Post Sauvignon blanc 2023

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
100g	Baby Potato <i>rinsed & cut into thick rounds</i>
1 pack	Line-caught Hake Goujons
1	Garlic Heads <i>peeled & grated</i>
50g	Peas
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
10ml	Lemon Juice
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Milk
Blender (optional)

1. ROAST Preheat the oven to 200°C. Spread the carrot pieces and the potato rounds on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. GOUJONS Place the hake goujons on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until crisp and cooked through, 10-12 minutes.

3. PEA PUREE Place a pan over medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated garlic and the peas until fragrant, 2-3 minutes (shifting constantly). Pour in 2 tbsp of milk and remove from the heat. Place the pea mixture in a blender with ½ the chopped mint and seasoning. Pulse until a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or a fork, pour in the milk and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

4. SOME FRESHNESS In a bowl, combine the lemon juice with a drizzle of olive oil, and seasoning. Mix to emulsify and toss through the shredded salad leaves.

5. TIME TO EAT Smear the pea purée on a plate and top with the crisp hake goujons. Side with the roasted veggies and the fresh salad leaves. Garnish with the remaining mint. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the goujons at 180°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	398kj
Energy	95kcal
Protein	3.8g
Carbs	13g
of which sugars	3.2g
Fibre	2.2g
Fat	3.2g
of which saturated	0.2g
Sodium	91mg

Allergens

Gluten, Dairy, Allium, Wheat, Fish

Cook
within 2
Days