



UCCOOK

Hake & Curried Mayo

with a fresh green salad & roasted carrot wedges

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | Zeven Rosé

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 377kJ | 2146kJ |
| Energy | 90kcal | 513kcal |
| Protein | 4.7g | 26.5g |
| Carbs | 7g | 37g |
| of which sugars | 3.5g | 20.2g |
| Fibre | 1.6g | 9.2g |
| Fat | 5g | 28.6g |
| of which saturated | 0.4g | 2.1g |
| Sodium | 111mg | 629mg |

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Fish

Spice Level: MILD

Eat Within 1 Day

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 720g | 960g | Carrots <i>rinse, trim, peel & cut into wedges</i> |
| 60g | 80g | Pickled Onions <i>drain & thinly slice</i> |
| 7,5ml | 10ml | Dried Chilli Flakes |
| 150g | 200g | Cucumber <i>rinse & cut into half-moons</i> |
| 120g | 160g | Salad Leaves <i>rinse & roughly shred</i> |
| 2 units | 2 units | Tangy Mayo |
| 15ml | 20ml | Medium Curry Powder |
| 30ml | 40ml | Lemon Juice |
| 3 | 4 | Line-caught Hake Fillets |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter (optional)

Seasoning (salt & pepper)

1. CRISPY CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SPICY SALAD To a salad bowl, add the onions. Toss with the chilli flakes (to taste), the cucumber, the salad leaves, a drizzle of olive oil and seasoning. Set aside.

3. CURRY MAYO In a small bowl, combine the mayo with the curry powder and lemon juice (both to taste). Season and set aside.

4. FLIP & FRY THE FISH Place a pan over 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 the other side until cooked through, 3-4 minutes. Remove from the pan and season.

5. DIVE IN! Plate up the carrot wedges with the golden hake alongside. Serve with the fresh salad and dollops of the curried mayo over the fish.