



UCOOK

Seaside Cajun Hake

with roast baby potatoes & a classic tartar sauce

This mouthwatering dish will whisk you off to a sunny seaside shore with a cool ocean breeze. Grilled hake, rubbed with aromatic Cajun spice, is pan seared with garlic and lemon juice until flaky and crisp. It is served alongside classic fried fish sides: crispy potatoes and tangy tartar sauce. Dive in! (pun intended).


Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Samantha Finnegan

 Fan Faves

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

1kg	Baby Potatoes <i>rinsed & halved</i>
230ml	Creamy Mayo <i>(170ml Low Fat Plain Yoghurt & 60ml That Mayo - Original)</i>
15g	Fresh Dill <i>rinsed & finely chopped</i>
100g	Gherkins <i>drained & finely diced</i>
160g	Peas
320g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
4	Line-caught Hake Fillets
30ml	NOMU Cajun Rub
2	Garlic Cloves <i>peeled & grated</i>
2	Lemon <i>cut into wedges</i>
80g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. YOUR FAVOURITE POTATO ROASTIES Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. To make sure they get crispy, don't overcrowd the tray — use two trays if necessary. Coat in oil, and some seasoning. Roast in the hot oven for 40-45 minutes or until crispy on the outside and soft on the inside, shifting halfway.

2. WHIP UP THE TARTAR SAUCE & WARM THE PEAS Boil a full kettle. In a bowl, combine the creamy mayo, the chopped dill, and the diced gherkins. Season to taste and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until plump. Drain on completion and set aside.

3. BUBBLE THE BEANS When the potatoes have 10 minutes remaining, fill a pot with boiled water. Add a pinch of salt and place over a high heat. Once boiling, blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain on completion, run under cold water to stop the cooking process, and set aside.

4. LEMONY CAJUN HAKE Pat the hake dry with some paper towel. Coat in the rub and some seasoning (both to taste). Place a large pan over a medium heat with a drizzle of oil. When hot, fry the hake skin-side down for 3-4 minutes until crispy. Flip and fry for a further 2-3 minutes until the flesh is sealed. Add the grated garlic, a generous squeeze of lemon juice, and a knob of butter (optional). Use this to baste the fish for 1-2 minutes until cooked through and fragrant. Remove from the heat on completion and set aside in the pan until serving.

5. FRESH GREEN SALAD Place the shredded green leaves in a bowl with the peas and green beans. Add a squeeze of lemon juice and a drizzle of olive oil. Toss until fully coated and season to taste.

6. EASY PEASY, LEMON SQUEEZY! Plate the golden baby potatoes, the Cajun-spiced hake, and the green salad. Serve with the homemade tartar sauce and any remaining lemon wedges on the side. Well done, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg.

Nutritional Information

Per 100g

Energy	336kj
Energy	80Kcal
Protein	5.3g
Carbs	11g
of which sugars	2.1g
Fibre	1.7g
Fat	1.2g
of which saturated	0.3g
Sodium	126mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook
within 1
Day