



UCCOOK

Seaside Grilled Hake & Chips

with a zesty slaw & minty peas

Fish and chips is a British classic — but that doesn't mean it's too far out there for our South-African taste buds. Hake grilled to perfection, golden cajun potato wedges, citrus packed slaw, minted peas and a garlicky That Mayo dip! Our version is a hearty seafood dinner.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 No paired wines

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
5ml	NOMU Cajun Rub
75g	Shredded Cabbage & Julienne Carrot
20g	Radish <i>rinsed & sliced into thin rounds</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>zested & cut into wedges</i>
15ml	That Mayo (Garlic)
50g	Peas
5ml	NOMU Seafood Rub
1	Line-caught Hake Fillet

From Your Kitchen

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

1. SPECIAL O'CAJUN Preheat the oven to 200°C. Place the potato wedges on a roasting tray with a drizzle of oil, some seasoning, and the cajun rub. Spread out in a single layer and roast in the oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. ZINGY LOADED SLAW & MAYO In a bowl, place the shredded cabbage and julienne carrot, sliced radishes, ½ of the chopped mint, lemon juice to taste, and some seasoning. Toss until combined. In a small bowl, loosen the mayo with a splash of water. Season and set both aside for serving.

3. MINTY PEAS Place a pan over a medium-high heat with a drizzle of oil. Once hot, fry the peas for 2-3 minutes until heated through. On completion, remove from the heat, stir through the remaining chopped mint and ½ of the seafood rub, and season to taste. Cover to keep warm and set aside until serving.

4. GETTING FISHY... Pat the hake dry with paper towel, coat with oil, the remaining seafood rub and season to taste. Place a clean pan over a medium heat with a drizzle of oil. When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry for another 2-3 minutes until sealed. During the final 1-2 minutes, baste with a knob of butter (optional), some zest, and a squeeze of lemon juice to taste. Once cooked through and fragrant, remove from the heat.

5. HEARTY BRITISH FEAST! Plate the golden cajun chips, the grilled hake, zingy slaw and minty peas alongside one another. Serve with a dollop of garlicky mayo for dipping and lemon wedges on the side. Well done, Chef!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. This is called oxidation. When preparing your potatoes, place them in a bowl of water as you go to prevent this from happening.

Nutritional Information

Per 100g

Energy	353kj
Energy	84Kcal
Protein	5.5g
Carbs	12g
of which sugars	2g
Fibre	2.5g
Fat	1.5g
of which saturated	0.4g
Sodium	134mg

Allergens

Egg, Allium, Fish

Cook
within 1
Day