



# UCOOK

## Hake Goujons & Fries

with garlic mayo & a fresh salad

Keep it simple and straightforward with this seafood dish of crispy hake goujons, golden oven-roasted potato fries, dill, cucumber & greens salad and, last but not least, roasted garlic mayo for dipping. An easy yet so-fish-ticated dish, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Fan Faves

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 Laborie Estate | Laborie Rosé 2023

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## Ingredients & Prep

200g	Potato <i>rinse &amp; cut into 1-2 cm thick fries</i>
20g	Salad Leaves <i>rinse</i>
50g	Cucumber <i>rinse &amp; cut into half-moons</i>
3g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
1 pack	Line-caught Hake Goujons
30ml	That Mayo (Garlic)

## From Your Kitchen

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

**1. ROAST THE FRIES** Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. MAKE THE SALAD** In a salad bowl, combine the rinsed salad leaves, the cucumber half-moons, ½ the chopped dill, a drizzle of olive oil, and seasoning.

**3. A GO FOR GOUJONS** When the potato fries have 10 minutes remaining, move the fries to one side and spread the goujons evenly over the other side of the tray. Return to the oven for the remaining time.

**4. DIVE INTO DINNER!** Dish up the crispy hake goujons. Side with the golden potato fries, the fresh salad, and the garlic mayo for dipping. Sprinkle over the remaining dill. Let's eat!



## Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	590kj
Energy	141kcal
Protein	4.8g
Carbs	17g
of which sugars	1.1g
Fibre	1.8g
Fat	6.2g
of which saturated	0.9g
Sodium	129mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Fish

Cook  
within 2  
Days