



U C O O K

— COOKING MADE EASY

Hake & Sweet Potato Chips

with artichokes, olives & a pesto-mayo dipping sauce

A healthy alternative to regular potatoes, these roast sweet potato wedges make a divine accompaniment for tender hake in a crust of herbed panko breadcrumbs; with basil and lemon pesto and That Mayo bringing some extra pizzazz!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
30ml	Cake Flour
5ml	NOMU One For All Rub
50ml	Panko Breadcrumbs
1	Line-Caught Hake Fillet
10ml	Pesto Princess Basil & Lemon Pesto
15ml	That Mayo (Original)
20g	Salad Leaves <i>rinsed</i>
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
25g	Artichoke Heart Quarters <i>drained & sliced into bite-size pieces</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. ROAST THE WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. CRUMB THE HAKE Whisk 1 egg in a shallow dish with 1 tsp of water. In a second shallow dish, combine the flour with the One For All Rub. Prepare a third shallow dish containing the breadcrumbs. Pat the hake fillet dry with some paper towel. Coat in the flour mixture and then in the egg. Lastly, coat in the breadcrumbs, gently pressing them into the flesh so they stick and coat evenly. Dust off any excess in between coatings. Set aside for frying.

3. CLASSY SIDES In a small bowl, combine the pesto, the mayo, and seasoning to taste. Toss the rinsed salad leaves with the chopped olives, sliced artichokes, a drizzle of oil, and some seasoning. Set both aside for serving.

4. FRESHLY FRIED FISH FILLET When the wedges have 10 minutes remaining, place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the hake for 2-3 minutes per side, keeping a close eye on the crumb so it doesn't burn. Once cooked through and golden, remove from the pan and allow to drain on some paper towel for a few minutes before serving.

5. WHAT A FEAST! Plate up the aromatic hake alongside the olive and artichoke salad and the crispy wedges. Serve with a big dollop of pesto mayo for dipping as you please. Dive in, Chef!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

Nutritional Information

Per 100g

Energy	530kj
Energy	127Kcal
Protein	6.1g
Carbs	18g
of which sugars	3.3g
Fibre	1.8g
Fat	2.6g
of which saturated	0.5g
Sodium	180mg

Allergens

Egg, Gluten, Allium, Wheat, Fish, Tree Nuts

Cook
within 1
Day