



UCCOOK

Crispy Hake Bites

with pesto peas & buttery baby potatoes

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jeannette Joynt

Wine Pairing: Strandveld | Adamastor White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	480kj	2531kj
Energy	115kcal	605kcal
Protein	7.1g	37.4g
Carbs	15g	81g
of which sugars	1.7g	9g
Fibre	1.5g	7.8g
Fat	2.2g	11.7g
of which saturated	0.4g	2.1g
Sodium	89mg	468mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & halve</i>
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
1	2	Line-caught Hake Fillet/s <i>cut into bite-sized chunks</i>
30ml	60ml	Cake Flour
100ml	200ml	Panko Breadcrumbs
20ml	40ml	Pesto Princess Basil Pesto
50g	100g	Peas
15ml	30ml	Lemon Juice
30ml	60ml	Low Fat Plain Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Paper Towel
Butter

1. BUTTERY POTATOES Boil the kettle. Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and place back in the pot, toss with a knob of butter, seasoning and ½ the dill. Cover to keep warm until serving.

2. GRAB YOUR COAT Pat the hake chunks dry with a paper towel. Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour (seasoned lightly), and one containing the crumb. Coat the fish in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each piece of fish. Set aside.

3. PEAS & SAUCE In a bowl, loosen the pesto with olive oil until a drizzling consistency. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and add to the bowl with the loosened pesto. Mix in ½ the lemon juice (to taste) and season. Mash the pesto peas with a potato masher or fork and set aside. In a small bowl, combine the remaining dill, the yoghurt, the remaining lemon juice (to taste) and seasoning.

4. FISH TO FRY Place a pan over medium-high heat with enough oil to cover the base. Fry the crumbed fish chunks until golden and cooked through, 2-3 minutes per side. Remove from the pan and drain on paper towel.

5. PLATE IT UP! Plate the crispy fish bites. Side with the buttery baby potatoes and the pesto peas. Serve with the creamy tangy dill sauce for dipping. Enjoy, Ch.ef!

Chef's Tip To check if your oil is hot enough for frying, stick the end of a wooden spoon inside the oil. If small bubbles start to form around it and float to the surface, the oil is ready for frying! If it bubbles vigorously, then the oil is too hot. Lower your temperature and try again.