



UCCOOK

Hake Goujons & Apple Salad

with toasted walnuts & a smooth potato mash

Golden hake goujons are nestled next to velvety smooth potato mash and an apple & walnut-studded salad, all crowned with a sprinkle of chopped chives.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kelly Fletcher

Fan Faves

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

200g	Potato <i>cut into bite-sized pieces</i>
1 pack	Line-caught Hake Goujons
10g	Walnuts <i>roughly chop</i>
10ml	Red Wine Vinegar
1	Apple <i>rinse, peel, core & cut ½ into wedges</i>
20g	Green Leaves <i>rinse & roughly shred</i>
30g	Danish-style Feta <i>drain</i>
3g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. FRY THE GOUJONS Place a pan over medium heat with enough oil to cover the base. When hot, fry the goujons until crispy, 2-3 minutes (shifting occasionally). Remove from the pan, drain on paper towel, and season.

3. TOAST THE WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SUMMER SALAD In a salad bowl, combine the vinegar (to taste) and a drizzle of olive oil. Toss through the apple wedges, the shredded leaves, the drained feta, and the toasted nuts. Season.

5. TIME TO EAT Plate up the buttery mash. Side with the golden goujons and the apple & walnut salad. Garnish with a sprinkle of the chopped chives. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the goujons at 180°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	512kj
Energy	122kcal
Protein	4.5g
Carbs	14g
of which sugars	3.8g
Fibre	1.9g
Fat	5.5g
of which saturated	1.2g
Sodium	122mg

Allergens

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

Eat
Within
2 Days