



# UCCOOK

## Hake Goujons & Roasted Beets

with a yoghurt-dill dressing

Seafood doesn't just belong on a Summer menu, Chef! Filling, hearty, and satisfying, this hake recipe features an oven-roasted beetroot & onion salad, with couscous and fresh greens. This is topped with crispy hake goujons and finished with a yoghurt-dill dressing.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Jade Summers

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Fan Faves

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 Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir 2023

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## Ingredients & Prep

150g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; cut into wedges</i>
75ml	Couscous <i>rinse</i>
1 pack	Line-caught Hake Goujons
20g	Green Leaves <i>rinse</i>
30ml	Low Fat Plain Yoghurt
3g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. TURN UP THE BEET** Preheat the oven to 200°C. Spread the beetroot pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. BEGIN WITH THE COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**3. GO-GO-GOUJONS!** Place a pan over medium heat with enough oil to cover the base. When hot, fry the goujons until golden and crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season and set aside.

**4. ON TO THE SALAD** In a bowl, combine the couscous, the roasted veggies, the rinsed green leaves, a drizzle of olive oil, and seasoning. To a separate bowl, add the yoghurt, ½ the chopped dill, and seasoning. Loosen with water in 5ml increments until drizzling consistency and season.

**5. YUM FOR MY TUM** Plate up the roast veg salad, top with the goujons, and drizzle over the yoghurt-dill dressing.

## Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	5.1g
Carbs	16g
of which sugars	2.3g
Fibre	2.1g
Fat	3.3g
of which saturated	0.3g
Sodium	111mg

## Allergens

Gluten, Allium, Wheat, Fish, Cow's Milk

Eat  
Within  
2 Days