



# UCOOK

## Classic Beer-battered Fish & Chips

with peas & a homemade tartar sauce

This is comfort food at its finest, a true classic! Golden beer-battered hake is partnered with golden roasted potato wedges. It is accompanied by peas and a tartar sauce. Super crisp on the outside, soft and fluffy on the inside. Need we say more?

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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Fan Faves

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Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

400g	Potato <i>rinse, peel (optional) &amp; cut into wedges</i>
15ml	NOMU Seafood Rub
100g	Peas
20ml	Lemon Juice
1 unit	Roasted Garlic Mayo
40g	Gherkins <i>drain &amp; roughly dice</i>
2	Line-caught Hake Fillets
180ml	Self-raising Flour
1 bottle	Non-Alcoholic Beer
5g	Fresh Parsley <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. POTATO WEDGES** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, ¾ of the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. LEMONY PEAS** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the peas until heated through, 2-3 minutes. Remove from the pot, stir through the lemon juice (to taste), and season. Cover and set aside. In a bowl, combine the mayo, the diced gherkins, and seasoning.

**3. GOLDEN HAKE** Return the pot to medium-high heat. Fill with enough oil to deep-fry the hake. In a bowl, combine the flour, the remaining NOMU rub, and seasoning. Gradually mix in 90ml of the beer until a smooth batter forms. Add an extra splash of beer if the batter looks too thick. When the oil is hot, dip the hake fillets into the batter. Using a pair of tongs, carefully lower each piece into the hot oil. Deep-fry until the batter is golden and crispy, 4-6 minutes. Remove from the pot, drain on paper towel, and season.

**4. CLASSIC DISH** Dish up the crispy beer-battered hake and the golden potato wedges. Side with the lemony peas. Sprinkle over the chopped parsley. Don't forget your tartar mayo for dunking. Beautiful work, Chef!



## Chef's Tip

Air fryer method: Coat the potato wedges in oil, ¾ of the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	458kj
Energy	110kcal
Protein	4.6g
Carbs	12g
of which sugars	1.2g
Fibre	1.2g
Fat	4.8g
of which saturated	0.8g
Sodium	113mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Fish

Eat  
Within  
1 Day