



UCOOK

Lemon & Herb Hake

with potato wedges & tartar Sauce

Be transported to a summery day by the seaside with crispy-skin hake, swimming in a lemon & dill butter. A generous helping of crispy potato wedges, a creamy homemade tartar sauce, and a refreshing tomato, radish & greens salad will all add to the easy and enjoyable eating experience of this fin-tastic dish.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

 Fan Faves

 KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
25g	Gherkins
20g	Salad Leaves
1	Tomato
20g	Radish
1	Lemon
3g	Fresh Dill
1	Line-caught Hake Fillet
2,5ml	NOMU Seafood Rub
50ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. CRISPY WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PREP STEP Drain and roughly chop the gherkins. Rinse and roughly shred the salad leaves. Rinse and cut ½ the tomato into thin wedges. Rinse and cut the radish into thin rounds. Rinse and cut ½ the lemon into thin rounds and the remaining lemon into wedges. Rinse, pick, and roughly chop the dill.

3. GOLDEN HAKE When the potatoes reach the halfway mark, pat the hake dry with paper towel. Place the hake skin-side down on a lightly greased baking tray. Coat in oil, the NOMU rub, and seasoning. Bake in the hot oven until golden, 15-20 minutes.

4. TARTAR & SALAD In a bowl, combine the yoghurt and the chopped gherkins. To a separate bowl, add the shredded salad leaves, the tomato wedges, the radish rounds, a drizzle of olive oil, and seasoning.

5. LEMON BUTTER Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When bubbling, add the lemon rounds, ¾ of the chopped dill, and seasoning. Infuse for 2-3 minutes. Remove the pan from the heat and cover.

6. SEAFOOD SENSATION Plate up the grilled fish and drizzle over the lemon butter. Side with the crispy potato wedges and the fresh salad. Dollop over the tartar sauce and serve a fresh lemon wedge on the side. Enjoy!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	234kj
Energy	56kcal
Protein	4.9g
Carbs	8g
of which sugars	1.3g
Fibre	1.5g
Fat	0.5g
of which saturated	0.1g
Sodium	64mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Cook
within 1
Day