UCOOK

Hake & Caper Relish

with lemon juice & parsley baby potatoes

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	319kJ	1924kJ
Energy	76kcal	460kcal
Protein	5.3g	32g
Carbs	10g	57g
of which sugars	2g	10g
Fibre	1g	7g
Fat	1.1g	6.8g
of which saturated	0.1g	0.6g
Sodium	123mg	743mg

Allergens: Sulphites, Fish, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion *peel & finely slice ½ [1]*
30ml	60ml	Apple Cider Vinegar
250g	500g	Baby Potatoes
30ml	60ml	Lemon Juice
3g	5g	Fresh Parsley *rinse, pick & finely chop*
10g	20g	Sunflower Seeds
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Capers *drain & finely chop*
1	2	Garlic Clove/s *peel & grate*
1	2	Line-caught Hake Fillet/s

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Cooking Spray (or oil of your choice)

1. LET'S COOK! In a bowl, combine the onion, the vinegar, and seasoning. Set aside.

2. LEMON-PARSLEY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover. Just before serving, toss through the lemon juice and ½ the parsley.

3. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. NUTTY SALAD & RELISH In a salad bowl, toss the salad leaves with the seeds and seasoning. Set aside. To the bowl with the pickled onions, add the capers, the garlic (to taste), 15ml [30ml] of olive oil, the remaining parsley, and seasoning. Set aside.

5. FLAKY HAKE Return the pan over medium heat. Pat the hake dry with paper towel and lightly coat with cooking spray or a drizzle of oil. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.

6. SO-GOOD SEAFOOD Plate up the hake and the lemon and parsley potatoes. Spoon the onion and caper relish over the hake. Side with the fresh salad.

Chef's Tip Add a sweetener (to taste) to the pickled onions to reduce the acidity of the vinegar