



UCCOOK

Hake & Caper Relish

with lemon & parsley baby potatoes

Always serving tartar sauce with your fish can be a bit one-dimensional. We broaden your culinary world with a great alternative: a pickled onion, caper, garlic & parsley relish! Spoon this over the crispy-skin hake, side with lemon & parsley baby potatoes, and finish with a sunflower seed & greens salad. You won't have to fish for compliments with this one, Chef.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Fan Faves

Groote Post Winery | Groote Post Sauvignon Blanc

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Ingredients & Prep

1	Onion <i>peel & finely slice ½</i>
30ml	Apple Cider Vinegar
250g	Baby Potato
1	Lemon <i>rinse & cut into wedges</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
10g	Sunflower Seeds
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Capers <i>drain & finely chop</i>
1	Garlic Clove <i>peel & grate</i>
1	Line-caught Hake Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. LET'S COOK! In a bowl, combine the sliced onion, the vinegar, a sweetener (to taste), 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, add a knob of butter, season, and cover. Just before serving, toss through a squeeze of lemon juice and ½ the chopped 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 shredded salad leaves with a drizzle of olive oil, the toasted seeds, and seasoning. Set aside. To the bowl with the pickled onions, add the chopped capers, the grated garlic (to taste), 15ml of olive oil, the remaining parsley, and seasoning. Set aside.

5. FLAKY HAKE Return the pan to medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

6. SO-GOOD SEAFOOD Plate up the hake and the lemon & parsley buttered potatoes. Spoon the onion & caper relish over the hake. Side with the dressed salad and any remaining lemon wedges.

Nutritional Information

Per 100g

Energy	266kJ
Energy	64kcal
Protein	4g
Carbs	9g
of which sugars	2.1g
Fibre	1.6g
Fat	0.8g
of which saturated	0.1g
Sodium	88mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day