



UCOOK

Hake Goujon Summer Salad

with gherkins & tartar dressing

Bring the promenade home with this simple & delicious number. A loaded salad consisting of fresh green leaves, carrot ribbons, and charred corn is topped with golden-fried hake nuggets. Finished off with lashings of a homemade tartar drizzle, and garnished with fresh dill.


Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Jade Summers

 Quick & Easy

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

| | |
|---------|---|
| 100g | Corn |
| 2 packs | Line-caught Hake Goujons |
| 60ml | That Mayo (Original) |
| 50g | Gherkins <i>drained & roughly chopped</i> |
| 8g | Fresh Dill <i>rinsed, picked & roughly chopped</i> |
| 40g | Salad Leaves <i>rinsed & roughly shredded</i> |
| 240g | Carrot <i>trimmed, rinsed & peeled into ribbons or grated (optional)</i> |
| 30ml | Lemon Juice |

From Your Kitchen

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

1. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside.

2. HAKE GOUJONS Return the pan to medium heat with enough oil to cover the base. When hot, fry the goujons until crispy, 2-3 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Cut into bite-sized pieces and season.

3. TARTAR DRESSING In a small bowl, combine the mayo, the chopped gherkins, ½ the chopped dill, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

4. JUST BEFORE SERVING In a salad bowl, combine the shredded salad leaves, the carrot ribbons, the charred corn, the lemon juice (to taste), a drizzle of olive oil, and seasoning.

5. DINNER IS READY Dish up the salad into bowls, scatter over the hake goujons pieces, drizzle over the tartar sauce, and garnish with the remaining dill. Get noshing, Chef!



Chef's Tip

Air fryer method: Air fry the goujons at 180°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 600kj |
| Energy | 143kcal |
| Protein | 4.7g |
| Carbs | 16g |
| of which sugars | 2.7g |
| Fibre | 1.8g |
| Fat | 6.8g |
| of which saturated | 1g |
| Sodium | 164.8mg |

Allergens

Egg, Gluten, Wheat, Sulphites, Fish

Cook
within 1
Day