



# U C O O K

— COOKING MADE EASY

## SOURDOUGH-CRUSTED HAKE

**with a warm pesto & roast potato salad**

Kick the good ol' potato salad up a few notches with golden roast potatoes, basil pesto, and That Mayo — a divine accompaniment for line-caught hake in a crispy crust of sourdough breadcrumbs.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Lauren Todd

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 **Easy Peasy**

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## Ingredients & Prep

10ml	NOMU Seafood Rub
100ml	Schoon Sourdough Breadcrumbs
2	Hake Fillets
30ml	Pesto Princess Basil & Lemon Pesto
80ml	That Mayo Original Mayo
40g	Pitted Kalamata Olives drained & roughly chopped
500g	Baby Potatoes rinsed & halved
40g	Green Leaves rinsed
60ml	Cake Flour

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

**2. BABY POTATOES** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until soft and golden, shifting halfway.

**3. CRUMB THE HAKE** Whisk 1 egg in a shallow dish with 1 tsp of water. In a second shallow dish, combine the flour with the Seafood Rub. Prepare a third shallow dish containing the sourdough breadcrumbs. Pass a hake fillet through the flour mixture, then through the egg, and lastly through the breadcrumbs. When passing through the breadcrumbs, gently press them into the hake so they stick and coat evenly. Dust off any excess in between coatings. Repeat this step with the other piece.

**4. FRIED FISH FILLET** Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the hake fillets for 2-3 minutes per side, keeping a close eye on them so the crumb doesn't burn. Once cooked through and golden, remove from the pan and set aside to drain on some paper towel. Allow to rest for 5 minutes before serving.

**5. SAUCY STUFF** Combine half of the basil pesto with the mayo. Season to taste and set aside for serving. Mix the remaining basil pesto with 1 tbsp of oil. Just before serving, toss the basil pesto and chopped olives through the cooked baby potatoes.

**6. WHAT A FEAST!** Make a bed of rinsed green leaves and cover with the pesto potato salad. Top with the golden, crumbed hake and serve with a big dollop of pesto-mayo. Dive in, Chef!



## Chef's Tip

Hake is a great source of high-value protein, vitamins, and minerals. It's also low in fat and calories, making this versatile fish the perfect choice for healthy protein!

## Nutritional Information

Per 100g

Energy (kj)	620kj
Energy (kcal)	148kcal
Protein	7g
Carbs	14g
of which sugars	1g
Fibre	1g
Fat	4g
of which saturated	1g
Salt	0g

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Fish, Tree Nuts

Cook  
within 1  
Day