



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.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

250g	Baby Potatoes rinsed & halved
30ml	Cake Flour
5ml	NOMU Seafood Rub
50ml	Schoon Sourdough Breadcrumbs
15ml	Pesto Princess Basil & Lemon Pesto
1	Hake Fillet
40ml	That Mayo Original Mayo
20g	Green Leaves rinsed
20g	Pitted Kalamata Olives drained & roughly chopped

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 25-30 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 the 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.

4. FRIED FISH FILLET Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the hake fillet for 2-3 minutes per side, keeping a close eye on it 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 2 tsp 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