



UCCOOK

Baked Hake & Chips

with minty peas & tartar sauce

Easy peasy oven dinner of a baked hake in a panko crust with a smashed potato hash. Served with sautéed minty peas and some refreshing, homemade tartar sauce. Count me in!


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope Altima
Sauvignon Blanc

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Ingredients & Prep

600g	Potato <i>rinsed & cut into small bite-sized pieces</i>
150ml	Creamy Mayo <i>(75ml Plain Yoghurt & 75ml That Mayo Original)</i>
75g	Gherkins <i>drained & finely diced</i>
8g	Fresh Dill <i>rinsed & chopped</i>
150ml	Crumb <i>(120ml Panko Breadcrumbs & 30ml Cake Flour)</i>
3	Line-caught Hake Fillets
30ml	NOMU One For All Rub
150g	Peas
12g	Fresh Mint <i>rinsed, picked & chopped</i>

From Your Kitchen

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

1. SMASHED ROAST Preheat the oven to 200°C. Place the potato pieces on a roasting tray, coat in oil and some seasoning, and spread out in a single layer. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 25-30 minutes until cooked through.

2. PREP STEP In a small bowl, combine the creamy mayo, the diced gherkins, and the chopped dill. Season to taste. Heat 40g of butter in the microwave or in a small pot over the stove until completely melted. Remove from the microwave or stove, and add in the crumb and a small drizzle of oil. Season to taste and mix until well combined.

3. CRUMBED HAKE Pat the hake dry with paper towel and place skin-side down on a lightly greased baking tray. Coat the flesh side in the crumb mixture and roast in the hot oven for 15-20 until cooked through and golden brown.

4. SMASHED POTATO HASH When the potatoes have finished roasting, remove the tray from the oven and sprinkle over the rub, and toss to combine. Using a fork or masher, gently press down on the potatoes. Drizzle over some oil and place back in the oven to roast for a further 8-10 minutes until crispy.

5. MINTY PEAS Just before serving, place a pan over a medium-high heat with a drizzle of oil. Once hot, add the peas and fry for 3-4 minutes until heated through. On completion, remove from the heat and stir through $\frac{3}{4}$ of the chopped mint, and some seasoning.

6. FISH 'N CHIPS DINNER Plate up the golden smashed potato hash. Side with the crumbed hake and the minty peas. Add a dollop of the tartar sauce on the side and garnish with the remaining mint. Well done, Chef!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. This is called oxidation. When preparing your potatoes, place them in a bowl of water to prevent this.

Nutritional Information

Per 100g

Energy	495kJ
Energy	118Kcal
Protein	6.8g
Carbs	17g
of which sugars	1.5g
Fibre	2.5g
Fat	2.5g
of which saturated	0.7g
Sodium	199mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day