



UCOOK

Crumbed Hake Goujon Wraps

with sriracha mayo & dill-dressed cucumber

Crispy hake goujons are wrapped up in toasted tortillas, which are layered with a smear of sriracha mayo, refreshing dill-dressed cucumber with a kick of zesty lemon, and shredded greens. It's never been so quick & easy to dive into a delicious dinner!

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

1 unit	Sriracha Mayo
50g	Cucumber <i>rinsed & cut into half-moons</i>
3g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
15ml	Lemon Juice
1 pack	Line-caught Hake Goujons
2	Wholewheat Tortillas
20g	Green Leaves <i>rinsed & shredded</i>

From Your Kitchen

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

1. MMMAYO In a small bowl, loosen the mayo with water in 5ml increments until drizzling consistency. Season and set aside.

2. DILL-ICIIOUSLY FRESH In a bowl, combine the cucumber half-moons, ½ the chopped dill, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

3. GO FOR GOUJONS Place a pan over 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. Season.

4. TO THE TORTILLAS! Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

5. LET'S WRAP IT UP Smear some of the mayo over a tortilla and top with the shredded leaves. Lay over the dill-dressed cucumber and top with the crispy goujons. Repeat with the remaining tortilla. Dollop over the remaining mayo and garnish with the remaining fresh dill. Close them up and dig in!



Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	991kJ
Energy	237kcal
Protein	6g
Carbs	20g
of which sugars	2.6g
Fibre	1.4g
Fat	15g
of which saturated	2.5g
Sodium	416.5mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 2
Days