



UCOOK

Hake Goujons & Roasted Beets

with a yoghurt-dill dressing

Seafood doesn't just belong on a Summer menu, Chef! Filling, hearty, and satisfying, this hake recipe features an oven-roasted beetroot & onion salad, with couscous and fresh greens. This is topped with crispy hake goujons and finished with a yoghurt-dill dressing.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Fan Faves

 Stettyn Wines | Stettyn Family Range Rosé Chardonnay Pinot Noir 2023

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Ingredients & Prep

300g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
150ml	Couscous <i>rinse</i>
2 packs	Line-caught Hake Goujons
40g	Green Leaves <i>rinse</i>
60ml	Low Fat Plain Yoghurt
5g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. TURN UP THE BEET Preheat the oven to 200°C. Spread the beetroot pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. BEGIN WITH THE COUSCOUS Boil the kettle. Place the couscous in a bowl with 150ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. GO-GO-GOUJONS! Place a pan over medium heat with enough oil to cover the base. When hot, fry the goujons until golden and crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season and set aside.

4. ON TO THE SALAD In a bowl, combine the cooked bulgur, the roasted veggies, the rinsed green leaves, a drizzle of olive oil, and seasoning. To a separate bowl, add the yoghurt, ½ the chopped dill, and seasoning. Loosen with water in 5ml increments until drizzling consistency and season.

5. YUM FOR MY TUM Plate up the roast veg salad, top with the goujons, and drizzle over the yoghurt-dill dressing.

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	5.1g
Carbs	16g
of which sugars	2.3g
Fibre	2.1g
Fat	3.3g
of which saturated	0.3g
Sodium	111mg

Allergens

Gluten, Allium, Wheat, Fish, Cow's Milk

Eat
Within
2 Days