

# UCCOOK

## Zucchini Breeze & Pan-seared Hake

with roasted baby potatoes & chimichurri

A heavenly piece of pan-fried hake is plated with a gorgeous salad of baby marrow ribbons, pickled onion, & crisp greens that are tossed in a dijon mustard-infused vinaigrette. Served with golden baby potatoes and dollops of Pesto Princess Chimichurri Sauce.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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\*New Calorie Conscious

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## Ingredients & Prep

800g	Baby Potatoes <i>rinse &amp; cut in half</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
400g	Baby Marrow <i>rinse, trim &amp; peel into ribbons</i>
80g	Pickled Onions <i>roughly slice</i>
80ml	Vinaigrette <i>(60ml Apple Cider Vinegar &amp; 20ml Dijon Mustard)</i>
125ml	Pesto Princess Chimichurri Sauce
4	Line-caught Hake Fillets

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. SALAD** In a salad bowl, combine the shredded salad leaves, the baby marrow ribbons, the sliced onions, the vinaigrette, and season. Set aside in the fridge. Loosen the chimichurri with water in 5ml increments until drizzling consistency. Season and set aside.

**3. HAKE** Place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

**4. DINNER READY** Dish up the roasted baby potatoes, side with a zingy fresh salad, and the fish. Drizzle the loosened chimichurri over the fish and the potatoes. Cheers, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	313kJ
Energy	75kcal
Protein	5.5g
Carbs	8g
of which sugars	2g
Fibre	1g
Fat	1.8g
of which saturated	0.1g
Sodium	149.8mg

## Allergens

Allium, Sulphites, Fish

Eat  
Within  
1 Day