



UCOOK

Stettyn's Hake Goujons & Avo Tartar

with a warm butternut salad & almonds

Increase your confidence in the kitchen with this innovative seafood number, Chef. With unexpected twists and tasteful turns, this is the ideal dish to show off your culinary talents. Golden hake goujons adorn a sensational serving of avo tartar, dotted with dill, mayo, capers, dijon mustard & gherkins. Sided with a roasted butternut & almonds salad.


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Stettyn Winery

Adventurous Foodie

 Stettyn Wines | Stettyn Family Range Babelki Brut Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
40g	Almonds <i>roughly chop</i>
2	Avocados
200ml	Mayo
40g	Capers <i>drain & finely chop</i>
20ml	Dijon Mustard
80g	Gherkins <i>drain & roughly chop</i>
10g	Fresh Dill <i>rinse, pick & roughly chop</i>
4 units	Line-caught Hake Goujons
60ml	Lemon Juice
80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 4-5 minutes, sprinkle over the chopped almonds and roast for the remaining time.

2. TARTAR SAUCE Halve the avocados and remove the pips. Scoop the avocado flesh into a bowl and add the mayo, the capers, the dijon, the gherkins, ½ the chopped dill, and a splash of water. Mix to combine until a chunky consistency, season, and set aside in the fridge.

3. GOUJONS Place the hake goujons on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until crisp and cooked through, 10-12 minutes.

4. SALAD In a bowl, combine 1/2 the lemon juice and 40ml of olive oil. Add the shredded leaves, the remaining dill, and the roasted butternut & nuts.

5. TIME TO EAT Smear the tartar sauce on a plate, top with the golden goujons, and drizzle over the remaining lemon juice. Serve alongside the warm salad. Enjoy, Chef!



Chef's Tip

Air fryer method: Air fry the goujons at 180°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	643kj
Energy	154kcal
Protein	3.7g
Carbs	11g
of which sugars	2.2g
Fibre	2.8g
Fat	10.7g
of which saturated	1g
Sodium	147mg

Allergens

Gluten, Wheat, Sulphites, Fish, Tree Nuts

Eat
Within
2 Days