

UCOOK

Stettyn's Hake Goujons & **Avo Tartar**

with a warm butternut salad & almonds

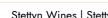
Increase your confidence in the kitchen with this innovative seafood number, Chef. With unexpected twists and tasteful turns, this is the ideal dish to show off your culinary talents. Golden hake goujons adorn a sensational serving of avo tartar, dotted with dill, mayo, capers, dijon mustard & gherkins.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

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Ingredients & Prep

1kg Butternut rinse, deseed, peel (optional) & cut into bite-sized pieces

Almonds 40g roughly chop

2 Avocados 200ml Mayo

40g Capers drain & finely chop

20_ml Dijon Mustard

Gherkins 80g drain & roughly chop

10g Fresh Dill

rinse, pick & roughly chop

Line-caught Hake Goujons 4 units

Salad Leaves

60ml Lemon luice

rinse & roughly shred

From Your Kitchen

80g

Water

Oil (cooking, olive or coconut) Salt & Pepper

- 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. GOULONS 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!



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

Nutritional Information

Per 100a

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