



UCOOK

Classic Beer-battered Fish & Chips

with peas & a homemade tartar sauce

This is comfort food at its finest, a true classic! Golden beer-battered hake is partnered with golden roasted potato wedges. It is accompanied by peas and a tartar sauce. Super crisp on the outside, soft and fluffy on the inside. Need we say more?

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Ella Nasser

Fan Faves

Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

800g	Potato <i>rinse, peel (optional) & cut into wedges</i>
30ml	NOMU Seafood Rub
200g	Peas
40ml	Lemon Juice
2 units	Roasted Garlic Mayo
80g	Gherkins <i>drain & roughly dice</i>
4	Line-caught Hake Fillets
360ml	Self-raising Flour
1 bottle	Non-Alcoholic Beer
10g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

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

1. POTATO WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, ¾ of the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. LEMONY PEAS Place a pot over a medium-high heat with a drizzle of oil. Once hot, add the peas and fry until heated through, 2-3 minutes. Remove from the pot, stir through the lemon juice (to taste), and seasoning. Cover to keep warm and set aside. In a bowl, combine the mayo, the diced gherkins, and seasoning.

3. GOLDEN HAKE Return the pot to medium-high heat. Fill with enough oil to deep-fry the hake. In a bowl, combine the flour, the remaining NOMU rub, and seasoning. Gradually mix in 180ml of the beer until a smooth batter forms. Add an extra splash of beer if the batter looks too thick. When the oil is hot, dip the hake fillets into the batter. Using a pair of tongs, carefully lower each piece into the hot oil. Deep-fry until the batter is golden and crispy, 4-6 minutes. You may need to do this step in batches. Remove from the pot, drain on paper towel, and season.

4. CLASSIC DISH Dish up the crispy beer-battered hake and the golden potato wedges. Side with the lemony peas. Sprinkle over the chopped parsley. Don't forget your tartar mayo for dunking. Beautiful work, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil, ¾ of the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	458kj
Energy	110kcal
Protein	4.6g
Carbs	12g
of which sugars	1.2g
Fibre	1.2g
Fat	4.8g
of which saturated	0.8g
Sodium	113mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
1 Day