



U COOK

Hake & Curried Mayo

with a fresh green salad & roasted carrot wedges

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Nitida | Semillon

Nutritional Info	Per 100g	Per Portion
Energy	377kJ 90kcal	2146kJ 513kcal
Protein	4.7g	26.5g
Carbs	6.5g	37.1g
of which sugars	3.5g	20.2g
Fibre	1.6g	9.2g
Fat	5g	28.6g
of which saturated	0.4g	2.1g
Sodium	111mg	629mg

Allergens: Sulphites, Fish, Gluten, Wheat, Allium

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]

720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>
7,5ml	10ml	Dried Chilli Flakes
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
150ml	200ml	Mayo
15ml	20ml	Medium Curry Powder
30ml	40ml	Lemon Juice
3	4	Line-caught Hake Fillets

1. CRISPY CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SPICY SALAD To a salad bowl, add the onions. Toss with the chilli flakes (to taste), the cucumber, the salad leaves, a drizzle of olive oil and seasoning. Set aside.

3. CURRY MAYO In a small bowl, combine the mayo with the curry powder and lemon juice (both to taste). Season and set aside.

4. FLIP & FRY THE FISH Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). 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.

5. DIVE IN Plate up the carrot wedges with the golden hake alongside. Serve with the fresh salad and dollops of the curried mayo over the fish.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter (optional)

Paper Towel