



U C O O K

— COOKING MADE EASY

Seaside Fish & Chips

with green bean salad, fresh lemon & a classic tartar sauce

This tasty number will take you straight to the sunny shores of the West Coast. Grilled hake, flavoured with Cajun spice, is deliciously at ease with its longtime friends, rustic skinny fries and tartar sauce — all homemade by you!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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



Ingredients & Prep

200g	Potato <i>cut into skinny, 5mm thick chips</i>
30ml	That Mayo Original Mayo
25ml	Plain Yoghurt
3g	Fresh Dill <i>rinsed & finely chopped</i>
25g	Gherkins <i>drained & finely diced</i>
40g	Peas
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Hake Fillet
7.5ml	NOMU Cajun Rub
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>one half cut into wedges</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. RUSTIC FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Toss through the potato chips until coated and season well with salt. Spread out in a single layer and roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, gently shift the chips and drain the excess oil – lose it or reuse it! Return to the oven for the remaining cooking time.

2. WHIP UP THE TARTAR SAUCE & WARM THE PEAS Boil the kettle. In a bowl, combine the mayo, yoghurt, chopped dill, and diced gherkins. Season to taste and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until plump. Drain on completion and set aside.

3. BUBBLE THE BEANS When the chips have 10 minutes remaining, place a pot over a high heat. Fill with boiled water, add a pinch of salt, and bring back up to the boil. Blanch the sliced green beans for 2-3 minutes until cooked but still crunchy. Drain on completion and run under cold water to stop the cooking process.

4. LEMONY CAJUN HAKE Pat the hake dry with some paper towel, and coat in the Cajun Rub and some seasoning. Place a pan over a medium heat with a drizzle of oil. When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry for another 2-3 minutes until sealed. Add the grated garlic, a generous squeeze of lemon juice, and a knob of butter (optional). Use the mixture to baste the fish for 1-2 minutes until cooked through and fragrant. Remove from the heat on completion and set aside in the pan until serving.

5. FRESH GREEN SALAD Place the rinsed green leaves in a bowl with the peas and green beans. Add a squeeze of lemon juice and a drizzle of olive oil. Toss to coat and season to taste.

6. EASY PEASY, LEMON SQUEEZY! Plate the golden potato chips, the Cajun-spiced hake, and the green salad alongside one another. Serve with the homemade tartar sauce and any remaining lemon wedges on the side. Well done, Chef!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. This is called oxidation. When preparing your potatoes, place them in a bowl of water as you go to prevent this from happening.

Nutritional Information

Per 100g

Energy	395kJ
Energy	94Kcal
Protein	6.1g
Carbs	12g
of which sugars	1.7g
Fibre	2.2g
Fat	2.3g
of which saturated	0.7g
Sodium	157mg

Allergens

Egg, Dairy, Allium, Fish

Cook
within 1
Day