



UCCOOK

Hake & Caper Relish

with lemon & parsley baby potatoes

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Nitida | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	266kJ	2305kJ
Energy	64kcal	551kcal
Protein	4g	35g
Carbs	9g	82g
of which sugars	2.1g	17.8g
Fibre	1.6g	13.7g
Fat	0.8g	7.2g
of which saturated	0.1g	0.6g
Sodium	88mg	761mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely slice ½ [1]</i>
30ml	60ml	Apple Cider Vinegar
250g	500g	Baby Potatoes
1	1	Lemon <i>rinse & cut into wedges</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
10g	20g	Sunflower Seeds
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Capers <i>drain & finely chop</i>
1	2	Garlic Clove/s <i>peel & grate</i>
1	2	Line-caught Hake Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. **LET'S COOK!** In a bowl, combine the onion, the vinegar, a sweetener (to taste), and seasoning. Set aside.

2. **LEMON-PARSLEY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, add a knob of butter, season, and cover. Just before serving, toss through a squeeze of lemon juice and ½ the parsley.

3. **SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. **NUTTY SALAD & RELISH** In a salad bowl, toss the salad leaves with a drizzle of olive oil, the seeds, and seasoning. Set aside. To the bowl with the pickled onions, add the capers, the garlic (to taste), 15ml [30ml] of olive oil, the remaining parsley, and seasoning. Set aside.

5. **FLAKY HAKE** Return the pan to medium heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel. 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.

6. **SO-GOOD SEAFOOD** Plate up the hake and the lemon and parsley buttered potatoes. Spoon the onion and caper relish over the hake. Side with the dressed salad and any remaining lemon wedges.