



# UCCOOK

## Hake Goujons & Apple Salad

**with toasted walnuts & a smooth potato mash**

Golden hake goujons are nestled next to velvety smooth potato mash and an apple & walnut-studded salad, all crowned with a sprinkle of chopped chives.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Kelly Fletcher

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Fan Faves

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

|         |                                                          |
|---------|----------------------------------------------------------|
| 800g    | Potato<br><i>cut into bite-sized pieces</i>              |
| 4 packs | Line-caught Hake Goujons                                 |
| 40g     | Walnuts<br><i>roughly chop</i>                           |
| 40ml    | Red Wine Vinegar                                         |
| 2       | Apples<br><i>rinse, peel, core &amp; cut into wedges</i> |
| 80g     | Green Leaves<br><i>rinse &amp; roughly shred</i>         |
| 120g    | Danish-style Feta<br><i>drain</i>                        |
| 10g     | Fresh Chives<br><i>rinse &amp; finely chop</i>           |

## From Your Kitchen

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

**1. MAKE THE MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. FRY THE GOUJONS** Place a pan over medium heat with enough oil to cover the base. When hot, fry the goujons until crispy, 2-3 minutes (shifting occasionally). Remove from the pan, drain on paper towel, and season.

**3. TOAST THE WALNUTS** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SUMMER SALAD** In a salad bowl, combine the vinegar (to taste) and a drizzle of olive oil. Toss through the apple wedges, the shredded leaves, the drained feta, and the toasted nuts. Season.

**5. TIME TO EAT** Plate up the buttery mash. Side with the golden goujons and the apple & walnut salad. Garnish with a sprinkle of the chopped chives. Well done, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 512kj   |
| Energy             | 122kcal |
| Protein            | 4.5g    |
| Carbs              | 14g     |
| of which sugars    | 3.8g    |
| Fibre              | 1.9g    |
| Fat                | 5.5g    |
| of which saturated | 1.2g    |
| Sodium             | 122mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts, Cow's Milk

Eat  
Within  
2 Days