



# UCCOOK

## Crumbed Hake Goujon Wraps

**with sriracha mayo & dill-dressed cucumber**

Crispy hake goujons are wrapped up in toasted tortillas, which are layered with a smear of sriracha mayo, refreshing dill-dressed cucumber with a kick of zesty lemon, and shredded greens. It's never been so quick & easy to dive into a delicious dinner!

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Quick & Easy

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Groote Post Winery | Groote Post Riesling

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## Ingredients & Prep

200g	Cucumber <i>rinse &amp; cut into half-moons</i>
10g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
40ml	Lemon Juice
4 units	Line-caught Hake Goujons
8	Wheat Flour Tortillas
200ml	Sriracha Mayo <i>(180ml Mayo &amp; 20ml Sriracha Sauce)</i>
80g	Green Leaves <i>rinse &amp; shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Seasoning (salt & pepper)

**1. DILL-ICIOUSLY FRESH** In a bowl, combine the cucumber half-moons, the chopped dill, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

**2. GO FOR 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 and drain on paper towel. Season.

**3. TO THE TORTILLAS!** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**4. LET'S WRAP IT UP** Smear the tortillas with the mayo. Top with the shredded leaves. Lay over the dill-dressed cucumber and the crispy goujons. Dollop over the remaining mayo. Close them up and dig in!



## Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	951kj
Energy	228kcal
Protein	6.2g
Carbs	22g
of which sugars	2.6g
Fibre	1.8g
Fat	12.7g
of which saturated	1.8g
Sodium	365mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Eat  
Within  
1 Day