



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!

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Megan Bure

Quick & Easy

Groote Post Winery | Groote Post Riesling

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Ingredients & Prep

50g	Cucumber <i>rinse & cut into half-moons</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
10ml	Lemon Juice
1 unit	Line-caught Hake Goujons
2	Wheat Flour Tortillas
50ml	Sriracha Mayo <i>(45ml Mayo & 5ml Sriracha Sauce)</i>
20g	Green Leaves <i>rinse & 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