

Eat Within 2 Days

Hake Goujons & Crispy Aubergine

with a caper & dill tartar sauce

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ropafadzo Zengeni

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	477kJ	3775kJ
Energy	114kcal	903kcal
Protein	2.9g	23.2g
Carbs	13g	99g
of which sugars	5g	39.3g
Fibre	2.4g	18.8g
Fat	5.9g	47g
of which saturated	0.4g	3.4g
Sodium	153mg	1211mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Panko Breadcrumbs
10ml	20ml	Paprika Mix *(5ml [10ml] Ground Paprika & 5ml [10ml] NOMU Italian Rub)*
250g	500g	Aubergine *rinse*
150g	300g	Fish Hake Goujon
50ml	100ml	Mayo
10g	20g	Capers *roughly chop*
3g	5g	Fresh Dill *rinse, pick & finely chop*
10ml	20ml	Apple Cider Vinegar
5ml	10ml	Wholegrain Mustard
100g	100g	Cabbage *rinse & thinly slice ½ [all]*
1	1	Apple *rinse, peel, core & thinly slice ½ [1]*

From Your Kitchen

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

1. AMAZING AUBS Preheat the oven to 200°C. Whisk 1 egg in a bowl. Prepare another shallow dish containing the panko crumb and the paprika mix. Cut the aubergine in half lengthwise, keeping the stem intact. Make thin slits along the aubergine, stopping before the stem so it stays connected, then fan out the slices. Coat the aubergine in the egg, ensuring all the slits are fully coated. Then coat in the paprika-panko mix. Place on a tray drizzled with oil, and bake for 20-25 minutes, turning once halfway through, until golden and crispy.

2. GO-GO GOUJONS When the aubergine has 8-10 minutes remaining, put the goujons in the oven on a separate baking tray. Roast in the hot oven for the remaining time, until crisp. Alternatively, air fry at 200°C until crispy, 8-10 minutes (shifting halfway).

3. TASTY TARTAR SAUCE In a bowl, combine the mayo, capers (to taste) and ½ of the dill. Add some black pepper, mix to combine and set aside.

4. ONTO THE SLAW To a large salad bowl, add the apple cider vinegar, mustard and a generous drizzle of olive oil. Whisk together so a light emulsification forms. Toss through the cabbage and apple. Season and set aside.

5. WHAT A TREAT Plate up the tangy slaw, served with the golden aubergines and crispy hake goujons. Serve the tartar sauce on the side for dunking. Dinner is served, Chef!

Chef's Tip Degorge the aubergine before crumbing: salt the aubergine fans and allow them to sit for 10-15 minutes before crumbing them. This eliminates the bitter taste and excess moisture, which also aids in a crispier finish to the aubergine.