



UCOOK

Hake & Homemade Tartar Sauce

with a fresh salad

Golden sweet potato wedges, spiced with NOMU Seafood Rub, are served with a crispy-skinned hake. Spoon over the homemade tartar sauce dotted with chives, dish up the zesty pea & greens salad, and you're fin-ished, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

750g	Sweet Potato <i>rinse & cut into wedges</i>
7,5ml	NOMU Seafood Rub
60g	Gherkins <i>drain & finely dice</i>
150ml	Low Fat Cottage Cheese
8g	Fresh Chives <i>rinse & finely slice</i>
3	Line-caught Hake Fillets
60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Peas
30ml	Lemon Juice

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TANGY TARTAR In a small bowl, combine the diced gherkins, the cottage cheese, the sliced chives, a splash of water, and seasoning.

3. ABOUT THE HAKE Place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, 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.

4. JUST BEFORE INDULGING In a salad bowl, combine the shredded leaves, the peas, the lemon juice (to taste), and seasoning.

5. TREAT YOURSELF Dish up the roasted wedges alongside the hake, the tangy tartar sauce, and the fresh green salad. Enjoy, Chef!



Chef's Tip

To get perfectly crispy skin on the hake, season the skin with salt right before cooking.

Nutritional Information

Per 100g

Energy	312kJ
Energy	75kcal
Protein	6.4g
Carbs	9g
of which sugars	4g
Fibre	2g
Fat	0.6g
of which saturated	0.2g
Sodium	123.7mg

Allergens

Cow's Milk, Allium, Sulphites, Fish

Eat
Within
1 Day