



# UCOOK

## Homemade Hake Fishcakes

with rustic tartare & a fresh green salad

Dig into our classic homemade butternut and hake fishcakes served with a tartare sauce of gherkins, capers, yoghurt, and lemon juice. Sided with a cucumber & radish salad. A scrumptious dinner awaits!

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**Hands-on Time:** 50 minutes

**Overall Time:** 65 minutes

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**Serves:** 4 People


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**Chef:** Hannah Duxbury

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 Carb Conscious

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 Harry Hartman | Stellenbosch Sauvignon Blanc

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## Ingredients & Prep

1kg	Butternut <i>rinsed, deseeded, peeled &amp; cut into bite-sized pieces</i>
4	Line-caught Hake Fillets <i>skin removed</i>
10g	Fresh Dill <i>rinsed, picked &amp; finely chopped</i>
30ml	NOMU Seafood Rub
30ml	Dijon Mustard
125ml	Low Fat Plain Yoghurt
20g	Capers <i>drained &amp; roughly chopped</i>
100g	Gherkins <i>drained &amp; finely diced</i>
60ml	Lemon Juice
80g	Salad Leaves <i>rinsed</i>
80g	Radish <i>rinsed &amp; sliced into thin rounds</i>
200g	Cucumber <i>rinsed &amp; cut into half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. GET MASHING** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place into a bowl and smash with a fork until rustic mash texture. Set aside.

**2. FISHCAKE FEAST** Boil the kettle. Place a pot over medium-high heat. Add water and bring it back to a boil. Reduce the heat to a gentle simmer and carefully place the hake fillets into the water. Poach the fish until the flesh is opaque, 10-12 minutes. Remove from the pot, and gently flake the flesh with a fork, discarding any bones. Add to the bowl with the mashed butternut, and combine with ½ the chopped dill, the NOMU rub, seasoning, and the Dijon mustard. Roll the hake and butternut mixture into 8-9 fishcakes. Set aside in the fridge to chill, at least 15 minutes.

**3. TARTARE TIME** In a bowl, combine the yoghurt, the chopped capers, the chopped gherkins, the lemon juice, and seasoning. Set aside.

**4. BAKE THE CAKES** Place the fishcakes on a baking tray and coat in oil. Bake in the hot oven, 15-20 minutes. In the final 5 minutes, turn the oven to grill or the highest setting, and grill until golden brown and cooked through.

**5. MAKE THE SALAD** In a salad bowl, toss together the rinsed salad leaves, the radish rounds, the cucumber half-moons, a drizzle of olive oil, and seasoning. Set aside.

**6. DISH UP** Serve your baked hake & butternut fishcakes with a dollop of homemade tartare and the fresh salad on the side. Sprinkle over the remaining dill. Dig in, Chef!



## Chef's Tip

Lightly sprinkle boiling water onto the skin of the fish to 'firm' it up before removing it. This will make the process of peeling it off happen more smoothly.

## Nutritional Information

Per 100g

Energy	210kj
Energy	50kcal
Protein	4.5g
Carbs	6g
of which sugars	1.8g
Fibre	1.4g
Fat	0.6g
of which saturated	0.1g
Sodium	143mg

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 1  
Day