



UCOOK

British Hake & Roasted Veg

with homemade tartar sauce

A beautiful hake fillet is pan-fried until crispy and partnered with roasted carrot & red onion wedges. Sided with a homemade dill & gherkin tartar sauce and a fresh pea, almond & feta salad.


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Vergelegen | Premium Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

720g	Carrot <i>rinsed, trimmed, peeled & cut into wedges</i>
2	Onions <i>1½ peeled & cut into wedges</i>
125ml	Low Fat Plain Yoghurt
75g	Gherkins <i>drained & finely diced</i>
8g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
120g	Peas
30g	Almonds <i>roughly chopped</i>
3	Line-caught Hake Fillets
60g	Green Leaves <i>rinsed</i>
30ml	Lemon Juice
90g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. VEGGIE ROAST Preheat the oven to 200°C. Spread the carrot & onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. TARTAR SAUCE Boil the kettle. In a bowl, combine the yoghurt, the diced gherkins, ½ the chopped dill, and seasoning. Set aside. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. GOLDEN ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FLAKY HAKE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry until cooked through, 3-4 minutes. Season.

5. GREEN SALAD In a bowl, combine the plumped peas, the rinsed green leaves, the toasted almonds, the lemon juice, and a drizzle of olive oil. Crumble in the drained feta and toss together.

6. NOSH TIME Plate up the roasted carrot & onion. Side with the pea salad and the golden hake. Sprinkle over the remaining dill and serve the tartare sauce on the side for dunking. Great work, Chef!



Chef's Tip

Air fryer method: Coat the carrot & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	325kj
Energy	78kcal
Protein	5.7g
Carbs	7g
of which sugars	3g
Fibre	2.2g
Fat	2.6g
of which saturated	1g
Sodium	99mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day