



# UCCOOK

## Hake & Caper Relish

with lemon & parsley baby potatoes

Always serving tartar sauce with your fish can be a bit one-dimensional. We broaden your culinary world with a great alternative: a pickled onion, caper, garlic & parsley relish! Spoon this over the crispy-skin hake, side with lemon & parsley baby potatoes, and finish with a sunflower seed & greens salad. You won't have to fish for compliments with this one, Chef.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Fan Faves

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Groote Post Winery | Groote Post Sauvignon Blanc

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## Ingredients & Prep

2	Onions <i>peel &amp; finely slice 1½</i>
90ml	Apple Cider Vinegar
750g	Baby Potato
2	Lemons <i>rinse &amp; cut into wedges</i>
8g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
30g	Sunflower Seeds
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	Capers <i>drain &amp; finely chop</i>
3	Garlic Cloves <i>peel &amp; grate</i>
3	Line-caught Hake Fillets

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. LET'S COOK!** In a bowl, combine the sliced onion, the vinegar, a sweetener (to taste), and seasoning. Set aside.

**2. LEMON-PARSLEY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, add a knob of butter, season, and cover. Just before serving, toss through a squeeze of lemon juice and ½ the chopped parsley.

**3. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. NUTTY SALAD & RELISH** In a salad bowl, toss the shredded salad leaves with a drizzle of olive oil, the toasted seeds, and seasoning. Set aside. To the bowl with the pickled onions, add the chopped capers, the grated garlic (to taste), 45ml of olive oil, the remaining parsley, and seasoning. Set aside.

**5. FLAKY HAKE** Return the pan to medium heat with a drizzle of oil and a knob of butter. 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.

**6. SO-GOOD SEAFOOD** Plate up the hake and the lemon & parsley buttered potatoes. Spoon the onion & caper relish over the hake. Side with the dressed salad and any remaining lemon wedges.

## Nutritional Information

Per 100g

Energy	266kJ
Energy	64kcal
Protein	4g
Carbs	9g
of which sugars	2.1g
Fibre	1.6g
Fat	0.8g
of which saturated	0.1g
Sodium	88mg

## Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat  
Within  
1 Day