



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

Ingredients & Prep

2	Line-caught Hake Fillets
40ml	Cake Flour
90ml	Paprika Crumb <i>(80ml Panko Breadcrumbs & 10ml Ground Paprika)</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
60ml	Mayo
8	Rotis
200g	Pineapple Fingers <i>cut into bite-sized pieces</i>
40g	Pickled Onions <i>drain & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk
Blender
Paper Towel

1. PAPRIKA-CRUMB FISH Pat the hake dry with paper towel. Cut into bite-sized pieces. In a small bowl, combine the flour with 40ml of milk and 20ml of water. In a separate bowl, season the paprika crumb. Coat the fish pieces in the flour mix first and then in the crumb. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the fish until golden, 3-4 minutes per side. Remove from the pan and season.

2. GREEN AIOLI In a blender, blitz together ½ the chopped coriander, ½ the sliced chilli (to taste), the grated garlic, the mayo, a drizzle of olive oil, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

3. TOASTED ROTI Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. CHARRED PINEAPPLE Return the pan to medium heat with a drizzle of oil. When hot, fry the pineapple pieces until charred and caramelised, 2-3 minutes.

5. DELISH FISH Smear the rotis with the green aioli. Top with the caramelised pineapple, the fried fish, and the sliced pickled onions. Garnish with the remaining coriander and chilli.

Nutritional Information

Per 100g

Energy	682kJ
Energy	163kcal
Protein	7.6g
Carbs	21g
of which sugars	5.7g
Fibre	1.6g
Fat	5.5g
of which saturated	0.5g
Sodium	267mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish,
Soy, Cow's Milk

Eat
Within
1 Day