

UCCOOK

Spicy Hake Salad

with pickled onions & cucumber

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	287kJ	1583kJ
Energy	69kcal	379kcal
Protein	5.1g	27.9g
Carbs	6g	34g
of which sugars	3.1g	17g
Fibre	1.5g	8.1g
Fat	2.4g	13.2g
of which saturated	0.2g	1.3g
Sodium	145mg	799mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
50ml	100ml	Creamy Mayo <i>(20ml [40ml] Mayo & 30ml [60ml] Low Fat Plain Yoghurt)</i>
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
20g	40g	Pickled Onions <i>drain & roughly slice</i>
50g	100g	Cucumber <i>rinse & cut into rounds</i>
1	2	Line-caught Hake Fillet/s
5ml	10ml	NOMU Cajun Rub

From Your Kitchen

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

1. ROASTED CARROT

Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. DILL-ICIOUS MAYO To a bowl, add the creamy mayo, and ½ the dill. Loosen with water in 5ml increments until drizzling consistency, season and set aside.

3. SIDE SALAD In a salad bowl, combine the green leaves, the onion, the cucumber, and the roasted carrot. Season and set aside.

4. YUMMY 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. In the final minute, baste with a knob of butter, and the NOMU rub. Remove from the pan and season.

5. SO SATISFYING Plate up the fried hake. Side with the roasted carrot salad. Drizzle with the dill mayo, and garnish with the remaining dill.