



UCOOK

Battered Hake Burger & Chips

with a dill yoghurt

This fab fish dinner offers you all the flavours of classic fish & chips but as a burger! A crispy battered hake fillet is served on a toasted bun with a dill-icious yoghurt sauce. Add a pile of crunchy & totally addictive roasted potato wedges on the side and you've got a winner, folks!


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

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Ingredients & Prep

| | |
|-------|---|
| 200g | Potato <i>peeled (optional) & cut into thin wedges</i> |
| 3g | Fresh Dill |
| 20g | Salad Leaves |
| 40ml | Low Fat Plain Yoghurt |
| 1 | Schoon Burger Bun <i>halved</i> |
| 90ml | Cake Flour |
| 1 tin | Soda Water |
| 1 | Line-caught Hake Fillet |

From Your Kitchen

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

1. ON THE WEDGE Preheat the oven to 220°C. Place the potato wedges on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 20-25 minutes or until cooked through and crisping up, shifting halfway.

2. GET YOUR PREP ON... Rinse the dill and salad leaves. Finely chop the dill and shred the salad leaves. In a small bowl, combine the yoghurt, the chopped dill, and seasoning.

3. TOASTED BUNS Spread butter over the cut-side of the halved burger bun or brush with oil. Place a pan over medium heat. When hot, place the halved bun, cut-side down, in the pan and toast for 1-2 minutes until crispy. Set aside on a plate for serving.

4. BEAUTIFULLY BATTERED HAKE Place a pot over medium-high heat. Fill with enough oil to deep-fry the hake. In a bowl, combine the flour and seasoning. Gradually mix in 60ml of soda water until a smooth batter forms. Add an extra splash of soda water if the batter looks too thick. When the oil is hot, dip the hake fillet into the batter until coated. Using a pair of tongs, carefully lower the battered piece into the hot oil and deep-fry for 4-6 minutes until the batter is golden and crispy. Drain the fried hake on paper towel, and season.

5. BURGER NIGHT! Time to assemble! Smear the bun half with some of the dill yoghurt. Top with the shredded salad leaves, battered hake and close up with the other bun half. Side with the roasted potato wedges and the remaining dill yoghurt for dipping.... Mmm!



Chef's Tip

We have taken all steps to ensure the removal of bones in the fish, but please be cautious when eating as there could still be some pesky ones that remain.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 523kj |
| Energy | 125kcal |
| Protein | 7.5g |
| Carbs | 21g |
| of which sugars | 1.1g |
| Fibre | 1.5g |
| Fat | 0.7g |
| of which saturated | 0.2g |
| Sodium | 81mg |

Allergens

Egg, Gluten, Dairy, Sesame, Wheat, Sulphites, Fish

Cook
within 1
Day