



# UCOOK

## Caesar-style Hake Goujon Salad

**with tomato wedges & Italian-style hard cheese**

Load up your fork and enjoy crunchy croutons, crispy hake goujons, ribbons of Italian-style hard cheese, tangy tomato, & crispy greens with every bite, Chef! Coated in a sophisticated Caesar & chive dressing. Prepared to be hooked on this recipe from the very first taste.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Fan Faves

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Laborie Estate | Laborie Chenin Blanc

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### Ingredients & Prep

3 packs	Line-caught Hake Goujons
150ml	Creamy Caesar Dressing
2	Tomatoes <i>rinse &amp; cut into thin wedges</i>
120g	Green Leaves <i>rinse &amp; roughly shred</i>
90g	Croutons
60g	Italian-style Hard Cheese <i>peel into ribbons</i>
8g	Fresh Chives <i>rinse &amp; finely chop</i>

### From Your Kitchen

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

**1. GO-GO GOUJONS** Place a pan over medium heat with enough oil to cover the base. When hot, fry the goujons until golden and crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season.

**2. COLOURFUL SALAD** In a bowl, combine the tomato wedges, the shredded leaves, the croutons, the cheese ribbons, and a drizzle of olive oil.

**3. CAESAR & CHIVE DRESSING** To a bowl, add the Caesar dressing, and ½ the chopped chives. Loosen with 5ml increments of water until drizzling consistency.

**4. DIVE INTO DINNER** Plate up the fresh salad. Top with the crispy goujons, and drizzle over the Caesar dressing. Garnish with the remaining chives. Enjoy!



### Chef's Tip

Air fryer method: Air fry the goujons at 200°C until crispy, 8-10 minutes (shifting halfway).

### Nutritional Information

Per 100g

Energy	664kJ
Energy	159kcal
Protein	6.8g
Carbs	13g
of which sugars	1.4g
Fibre	1.2g
Fat	8.7g
of which saturated	1.3g
Sodium	271mg

### Allergens

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

Eat  
Within  
1 Day