

UCCOOK

Crispy Hake Bites

with pesto peas & buttery baby potatoes


Succulent hake morsels covered in a crunchy coating, accompanied by bright green pesto peas, buttery, fluffy baby potatoes, and a yoghurt and dill dipping sauce.


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Easy Peasy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
3g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
1	Line-caught Hake Fillet <i>checked for bones & cut into small chunks</i>
30ml	Cake Flour
60ml	Panko Breadcrumbs
15ml	Pesto Princess Basil & Lemon Pesto
50g	Peas
1	Lemon <i>¼ zested & cut into wedges</i>
30ml	Low Fat Plain Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Butter

1. IT BOILS DOWN TO Place the baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion and drain. Place back in the pot, toss with a knob of butter, seasoning and ½ the chopped dill. Cover to keep warm until serving.

2. GRAB YOUR COAT Pat the hake chunks dry with a paper towel. Whisk 1 egg in a shallow bowl with a teaspoon of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly), and one containing the crumb. First, pass the hake chunks through the flour, then through the egg, and lastly through the crumb. Make sure each hake chunk is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings. Once all the fish chunks are coated, pop them in the fridge.

3. PEAS & SAUCE Boil the kettle. In a bowl, loosen the pesto with olive oil until a drizzling consistency. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and add to the bowl with the loosened pesto. Add a squeeze of lemon juice and some seasoning. Toss until fully combined. Gently mash the pesto peas with a potato masher or fork. Cover to keep warm. In a small bowl, combine the remaining dill, the yoghurt, the lemon zest and some seasoning.

4. WE HAVE SMALLER FISH TO FRY Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the fish chunks for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion and drain on some paper towel.

5. PLATE IT UP! Plate your crispy fish bites. Side with the buttery baby potatoes and the pesto peas. Serve with the creamy zesty dill sauce for dipping and any remaining lemon wedges. Enjoy, Chef!



Chef's Tip

If you don't have a thermometer, stick the end of a wooden spoon inside the oil. If small bubbles start to form around it, the oil is ready! If it bubbles vigorously then the oil is too hot, lower the temperature and try again!

Nutritional Information

Per 100g

Energy	407kJ
Energy	97Kcal
Protein	6.7g
Carbs	15g
of which sugars	1.7g
Fibre	1.6g
Fat	0.5g
of which saturated	0.1g
Sodium	60mg

Allergens

Gluten, Dairy, Allium, Wheat, Fish, Tree Nuts

Cook
within 1
Day