Sweet and Sour Hake Sandwiches

Cooking time	6 mins
Preparation time	20 mins
Serves	12

Crispy battered hake, dunked in Royco Sweet and Sour Sauce and served on a soft roll with a crunchy sesame oil slaw.

Ingredients

- 1kg of hake fillets - pin bones removed
- 750ml of cake flour
- 750ml of sparkling water or beer
- Royco Sweet and Sour Sauce
- 250ml boiling water
- 1 dozen soft burger rolls
- - Coleslaw:
- Half a head of cabbage, shredded
- 2 large carrots, grated
- Juice of 1 lemon
- 1 tbsp Sesame oil
- Salt to taste

Vegetarian

Replace the fish in this recipe with slices of aubergine, battered and fried as per the instructions.

Family Friendly

The tail half of the fillet is less likely to have bones, but be sure to check that the portions offish don’t contain any bones before battering.

Method

1. Pour 1cm of oil into a heavy base frying pan and pre-heat.
2. Cut the hake into portions that will fit into the burger rolls.
3. Add the flour to a mixing bowl and slowly add the sparkling water or beer while

whisking.

4. Place a drop of batter in the oil and ensure it sizzles before starting to fry. Evenly coat the fish in the batter, and place in the oil. Fry 2 - 3 minutes per side. Rest fish on paper towel once cooked.
5. In a shallow bowl, mix Royco Sweet and Sour Sauce as per the instructions on pack.
6. Combine all the coleslaw ingredients in a large salad bowl and toss.
7. Dip each portion of fish in the Royco Sweet and Sour Sauce, place on a bread roll, and top with coleslaw to serve.

Recipe Tags

Fish, Meat and Veg

Related Recipes



Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins



Beef Olives With Roasted Garlic And Caper Mash

Cooking time

120 mins

Preparation time

50 mins

Italian Creamy Chicken

Cooking time

25 mins

Preparation time

10 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins



Spatchcock Chicken with Rosemary and Garlic

Cooking time

60 mins

Preparation time

30 mins



Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins



Lasagna

Cooking time

30 mins

Preparation time

10 mins

Chakalaka and Pasta Salad

Cooking time

15 mins

Preparation time

5 mins



Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Spaghetti Bolognaise

Cooking time

30 mins

Preparation time

15 mins

Source URL: *https://www.royco.co.za/recipe/sweet-and-sour-hake-sandwiches*