



UCOOK

Flaked Harissa Hake

with pitted dates & fresh dill

The perfectly light, protein-packed centrepiece for a hearty meal: line-caught hake is basted and baked in a yoghurt, harissa, and lemon sauce. Served with dazzling beetroot cooked in NOMU Moroccan Rub, almonds, and pitted dates.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Laborie Estate | Laborie Cap Classique Rosé

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Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
5ml	NOMU Moroccan Rub
50ml	Low Fat Plain Yoghurt
7,5ml	Pesto Princess Harissa Paste
10ml	Lemon Juice
1	Line-caught Hake Fillet
10g	Pitted Dates <i>roughly chop</i>
10g	Almonds <i>roughly chop</i>
20g	Salad Leaves <i>rinse</i>
3g	Fresh Dill <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel

1. MOROCCAN-SPICED VEG Preheat the oven to 200°C. Spread the beetroot pieces and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. HARISSA-BAKED HAKE In a bowl, combine the yoghurt, the harissa, ½ the lemon juice (to taste), a sweetener (to taste), and seasoning. Pat the hake dry with paper towel and place skin-side down on a lightly greased baking tray. Coat the flesh in ½ the harissa yoghurt. Bake in the hot oven until cooked through and flakey, 15-20 minutes.

3. DINNER DATE(S) When the beetroot has been in for 10 minutes, remove the tray from the oven and toss through the chopped dates. Return to the oven for the remaining time.

4. TOASTED NUTS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. TIME TO FINISH UP Place the rinsed leaves in a bowl and toss through a drizzle of olive oil, the remaining lemon juice, and seasoning. Loosen the remaining harissa yoghurt with milk (optional) or water in 5ml increments until drizzling consistency.

6. DINE TIME Serve up the Moroccan roast veg alongside the spiced hake and dressed leaves. Drizzle the remaining harissa yoghurt dressing over it all. Garnish with the toasted almonds and the chopped dill. Good job, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes. Add in the onion wedges and toss through the chopped dates halfway.

Nutritional Information

Per 100g

Energy	288kj
Energy	69kcal
Protein	5.2g
Carbs	7g
of which sugars	2.8g
Fibre	1.6g
Fat	1.6g
of which saturated	0.2g
Sodium	120mg

Allergens

Allium, Sulphites, Fish, Tree Nuts, Cow's Milk

Eat
Within
1 Day