



U C O O K

— COOKING MADE EASY

MOROCCAN-SPICED HAKE

with avocado hummus & roast carrot and chickpeas

Easy as pie, but far healthier than pie! Crispy roast chickpeas and carrots bring the crunch; flakey hake brings the softness; spices, lemon, and rocket bring the zing; and avo hummus brings it all together.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 **Health Nut**

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
240g	Carrots <i>peeled (optional) & sliced into thin rounds</i>
1	Hake Fillet
10ml	NOMU Moroccan Rub
1	Lemon <i>one half zested & cut into wedges</i>
10g	Pumpkin Seeds
25ml	Avocado Hummus
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & thinly sliced</i>
3g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. ROAST CHICKPEAS & CARROTS Preheat the oven to 180°C. Place the drained chickpeas and carrot rounds on a roasting tray. Spread out in a single layer, coat in oil, and season. Roast in the hot oven for 20-25 minutes until the chickpeas are crispy and the carrots have softened.

2. MOROCCAN MARINADE Place the hake fillet in a bowl and pat dry with some paper towel. Coat in oil, the Moroccan Rub, a squeeze of lemon juice, and some seasoning. Set aside to marinate for about 10 minutes.

3. TOAST THE SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. SALAD LOVE Place the rinsed green leaves, sliced radish, and toasted pumpkin seeds in a bowl. Add some lemon zest to taste, a drizzle of oil, and some seasoning. Toss together and set aside for serving.

5. TASTY, FLAKY HAKE Return the pan to a medium heat with some oil and a knob of butter (optional). When hot, fry the spiced hake skin-side down for 3-4 minutes until the skin is crispy and golden. Flip and fry the other side for 3-4 minutes until cooked through. Remove from the pan on completion.

6. TIME TO DINE Plate up some crispy chickpeas and caramelised carrots. Lay the Moroccan-spiced hake fillet on top and dollop with the avo hummus. Serve the fresh, crunchy salad on the side. Finally, garnish with the rinsed mint leaves and a lemon wedge. Magnificent, Chef!

Nutritional Information

Per 100g

Energy	355kj
Energy	85Kcal
Protein	6.4g
Carbs	10g
of which sugars	3.1g
Fibre	3.3g
Fat	1.8g
of which saturated	0.2g
Sodium	168mg

Allergens

Allium, Fish

Cook
within 1
Day