



UCOOK

— COOKING MADE EASY

LINE-CAUGHT CAJUN HAKE

with quinoa & a bean, corn and
piquanté pepper salsa

A dinner that's wholesome on so many levels! With Cajun-spiced hake that's been line-caught, an oh-so-zesty quinoa salad, and a hearty salsa, this dish is a Health Nut full house.

Prep + Active Time: 20 minutes

Total Cooking Time: 35 minutes

 **Serves:** 4 people

 **Chef:** Tess Witney

 **Health Nut**

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Ingredients

300ml	White Quinoa
20ml	Vegetable Stock
15g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>zested & cut into wedges</i>
400g	Kidney Beans <i>drained & rinsed</i>
100g	Sweet Piquanté Peppers <i>drained & roughly sliced</i>
200g	Cucumber <i>diced</i>
80g	Green Leaves <i>rinsed</i>
200g	Corn
4	Hake Fillets
40ml	NOMU Cajun Rub

From Your Kitchen

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



CHEF'S TIP

Although quinoa is a grain, it contains high levels of protein and fibre. Load up your salad with this power-house superfood.

1. QUINOA

Rinse the quinoa and place in a pot with the vegetable stock. Submerge in 800ml of water and bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain the quinoa if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. GET DRESSED

To make the dressing, combine some lemon juice to taste and 60ml of olive oil in a bowl. Mix in three-quarters of the chopped mint and season to taste.

3. SALSA SAUTÉ

Place a pan over a medium heat with a drizzle of oil. When hot, add in the drained kidney beans, the sliced piquanté peppers, and the corn. Add half of the Cajun Rub to taste and sauté for 2-3 minutes until heated through and fragrant. Season to taste and remove from the pan on completion. Set aside for serving.

4. SPRUCE UP YOUR QUINOA

Once the quinoa is cooked, add in the diced cucumber and some lemon zest to taste.

5. PAN FRY THE HAKE

Wipe down the pan if necessary and return to a medium heat with another drizzle of oil. Pat the hake dry with some paper towel. Coat in the remaining Cajun Rub and seasoning. When the pan is hot, fry the hake skin-side down for 3-4 minutes until the skin is crispy and golden. Flip and fry for another 3-4 minutes until cooked through. Remove from the pan on completion.

6. DINNER TIME!

Make a bed of quinoa, top with the rinsed green leaves, and smother with the bean and corn salsa. Lay over the spicy Cajun hake and drizzle with the mint-lemon dressing. Garnish with the remaining chopped mint and then it's time to tuck in!

Nutritional Information

Per Serving

Energy (kj)	2749
Energy (kcal)	657
Protein	43
Carbs	94
of which sugars	13
Fibre	14
Fat	8
of which saturated	0
Salt	4

Cook within: 2 days

Allergens: Allium Sulphites Fish



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