



# 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:** 2 People

---

**Chef:** Tess Witney

---



**Health Nut**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

480g	Carrots <i>peeled (optional) &amp; sliced into thin rounds</i>
120g	Chickpeas <i>drained &amp; rinsed</i>
2	Hake Fillets
20ml	NOMU Moroccan Rub
1	Lemon <i>zested &amp; cut into wedges</i>
20g	Pumpkin Seeds
50ml	Avocado Hummus
40g	Green Leaves <i>rinsed</i>
40g	Radish <i>rinsed &amp; thinly sliced</i>
5g	Fresh Mint <i>rinsed &amp; 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 fillets 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 salad 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