



# UCOOK

## Hake & Lemon-caper Sauce

with bulgur wheat, Danish-style feta & tomato

Be instantly transported to the seaside with the first taste of this inviting fish dish. On a bed of loaded bulgur wheat lies a tender piece of seared hake, elevated with a buttery lemon-caper sauce. Finished with a sprinkling of oregano for freshness and almonds for crunch.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Aisling Kenny

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021

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## Ingredients & Prep

75ml	Bulgur Wheat
1	Onion <i>½ peeled &amp; roughly diced</i>
50g	Cucumber <i>cut into bite-sized chunks</i>
1	Tomato <i>cut into bite-sized chunks</i>
4g	Fresh Oregano <i>rinsed &amp; picked</i>
1	Line-caught Hake Fillet
10g	Capers <i>drained &amp; roughly chopped</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Lemon <i>½ cut into wedges</i>
20g	Almonds <i>roughly chopped</i>
40g	Danish-style Feta <i>drained &amp; crumbled</i>

## From Your Kitchen

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

**1. GOING FOR A SWIM** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, cover, and set aside.

**2. DIVE INTO IT** Place a pan over a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Remove from the pan and set aside.

**3. SURF AND SALAD** In a bowl, combine the cucumber chunks, the tomato chunks, ½ the picked oregano, a drizzle of oil, and seasoning to taste. Set aside.

**4. FRYING FISH** Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for 3-4 minutes until cooked through. Remove from the pan and set aside.

**5. SAUCY SEAFOOD** Return the pan to a medium heat with 30g of butter. When melted, add the chopped capers and the grated garlic, and fry for 30-60 seconds until fragrant, shifting constantly. Remove from the heat and add the juice of 1 lemon wedge and seasoning.

**6. COMBINE BEFORE YOU DINE** When the bulgur wheat is done, add the fried onion, ½ the chopped almonds, the crumbled feta, seasoning, and a drizzle of oil to the bowl. Toss until combined.

**7. YOU'LL WANT NEPTUNE'S FORKFUL** Plate up the loaded bulgur wheat and side with the tomato salad. Serve with the seared hake drizzled with the lemon-caper sauce. Sprinkle over the remaining oregano and almonds. Side with any remaining lemon wedges. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	534kJ
Energy	128kcal
Protein	7.8g
Carbs	13g
of which sugars	1.7g
Fibre	3.1g
Fat	4.6g
of which saturated	1.5g
Sodium	159mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish, Tree Nuts

Cook  
within 1  
Day