



UCCOOK

BBQ Hake & Cajun Couscous

with pineapple & cucumber

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Waterford Estate | Waterford Rose-Mary Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	419kJ	3186kJ
Energy	100kcal	762kcal
Protein	5.8g	43.8g
Carbs	13g	102g
of which sugars	5.2g	39.3g
Fibre	2.5g	19.3g
Fat	1.9g	14.1g
of which saturated	0.9g	6.5g
Sodium	139mg	1053mg

Allergens: Gluten, Allium, Wheat, Sulphites, Fish

Spice Level: NONE

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Coconut Flakes
75ml	150ml	Couscous
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
10ml	20ml	NOMU Cajun Rub
40g	80g	Peas
1	2	Line-caught Hake Fillet
40ml	80ml	The Sauce Queen Smokey BBQ Sauce
80g	80g	Pineapple Chunks <i>roughly chop</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. COCONUT & COUSCOUS Boil the kettle. Place the coconut flakes in a pan (with a lid) over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the couscous in a bowl with 150ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CRISPY CHICKPEAS Return the pan to medium heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. BELL PEPPERS & PEAS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper pieces until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub, and the peas. Fry until fragrant for the remaining time. Remove from the pan and set aside.

4. BBQ HAKE Return a pan, wiped down, over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove the pan from the heat, baste with the BBQ sauce, and season.

5. LOADED COUSCOUS Once the couscous has steamed, add the crispy chickpeas, the fried peppers and peas, the chopped pineapple, the diced cucumber, and seasoning.

6. DELICIOUS & NUTRITIOUS Make a bed of the loaded couscous. Top with the BBQ fish, and all the sauce. Scatter over the toasted coconut flakes.