



# UCOOK

## Cape Malay Hake & Chickpea Curry

with whole wheat couscous & dried apricots

Warm up your belly with this comforting Cape Malay hake & chickpea curry, packed with onion, peas, and spinach. Served over fluffy couscous and garnished with dried apricots and fresh parsley, you'll be "mmmmm"ing with every bite!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Quick & Easy

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 Boschendal | Le Bouquet

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## Ingredients & Prep

3	Line-caught Hake Fillets
2	Onions <i>1½ peeled &amp; roughly diced</i>
30ml	Cape Malay Curry Paste
300g	Cooked Chopped Tomato
180g	Chickpeas <i>drained &amp; rinsed</i>
2	Fresh Chillies
60g	Spinach
30g	Dried Apricots
225ml	Whole Wheat Couscous
120g	Peas
12g	Fresh Parsley <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. CRISPY HAKE** Boil a full kettle. Pat the hake dry with paper towel and season. Place a pot over a medium high heat with a drizzle of oil. When hot, add the hake, skin-side down, and fry for 3-4 minutes until crispy. You may need to do this step in batches. Remove from the pot on completion.

**2. CURRY ON** Return the pot to a medium heat. When hot, add the diced onion and fry for 4-6 minutes, until soft, shifting occasionally. Add the curry paste (to taste) and fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked chopped tomato, the drained chickpeas, and the browned hake. Gently mix until fully combined and leave to simmer for 6-7 minutes, stirring occasionally. If the curry reduces too quickly, add a splash of water.

**3. COUSCOUS, WHY NOT?** While the curry is simmering, deseed and roughly slice the chilli. Rinse the spinach and roughly chop the dried apricots. Using a shallow bowl, submerge the couscous in 325ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

**4. FINAL TOUCHES** When the curry has 2-3 minutes remaining, add the peas and ½ the rinsed spinach. Mix until the spinach is wilted. On completion, the curry should be slightly reduced and the hake should be cooked through. Season with salt, pepper, and a sweetener of choice (to taste).

**5. CAPE MALAY CURRY TIME!** Make a bed of the fluffy couscous and the hake curry. Side with the remaining spinach and sprinkle over the picked parsley. Garnish with the chopped apricots and the sliced chilli (to taste). Well done, Chef!



## Chef's Tip

Draining and rinsing tinned chickpeas before use reduces the amount of sodium you're adding to your meal. It also improves the flavour and texture of the food.

## Nutritional Information

Per 100g

Energy	453kj
Energy	108Kcal
Protein	7.7g
Carbs	15g
of which sugars	3.7g
Fibre	2.8g
Fat	0.9g
of which saturated	0g
Sodium	110mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook  
within 1  
Day