



UCCOOK

Lemon-caper Sauce & Hake

with bulgur wheat, Danish-style feta & sun-dried tomato

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Aisling Kenny

Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	680kj	2559kj
Energy	163kcal	612kcal
Protein	10.9g	41g
Carbs	18g	67g
of which sugars	1.8g	6.9g
Fibre	3.4g	12.8g
Fat	5.4g	20.3g
of which saturated	1.8g	6.6g
Sodium	212.5mg	800mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
30g	40g	Capers <i>drain & roughly chop</i>
30ml	40ml	Garlic Flakes
60ml	80ml	Lemon Juice
3	4	Line-caught Hake Fillets
8g	10g	Fresh Coriander <i>rinse & pick</i>
150g	200g	Cucumber <i>rinse & cut into bite-sized chunks</i>
60g	80g	Sun-dried Tomatoes <i>drain</i>
90g	120g	Danish-style Feta <i>drain</i>
30g	40g	Almonds
15g	20g	Crispy Onion Bits

From Your Kitchen

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

1. BULGUR WHEAT & SAUCE Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside. Place a pan over medium heat with 90g [120g] of butter. When melted, add the capers and the garlic flakes, and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat. Add ½ the lemon juice and seasoning. Remove the sauce from the pan and cover.

2. FRYING FISH Place a clean pan over 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, until crispy and golden, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and set aside.

3. COMBINE BEFORE YOU DINE In a bowl, combine ½ the coriander, the cucumber, the sun-dried tomatoes, the feta, the almonds, the bulgur wheat, the remaining lemon juice, a drizzle of olive oil, and seasoning.

4. YOU'LL WANT NEPTUNE'S FORKFUL Plate up the loaded bulgur wheat. Top with the seared hake. Drizzle over the lemon-caper sauce. Sprinkle over the remaining coriander and the crispy onion bits. Dig in, Chef!

Chef's Tip Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.