



# UCCOOK

## BBQ Hake & Cajun Couscous

with pineapple & cucumber

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
30g	40g	Coconut Flakes
225ml	300ml	Couscous
180g	240g	Chickpeas <i>drain &amp; rinse</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into bite-sized pieces</i>
30ml	40ml	NOMU Cajun Rub
120g	160g	Peas
3	4	Line-caught Hake Fillets
125ml	160ml	The Sauce Queen Smokey BBQ Sauce
160g	160g	Pineapple Chunks <i>roughly chop</i>
150g	200g	Cucumber <i>rinse &amp; roughly dice</i>

## From Your Kitchen

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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 300ml 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, 8-10 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, 4-6 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.