



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.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Aisling Kenny

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Bulgur Wheat
2	Onions <i>1½ peeled & roughly diced</i>
150g	Cucumber <i>cut into bite-sized chunks</i>
2	Tomatoes <i>cut into bite-sized chunks</i>
12g	Fresh Oregano <i> rinsed & picked</i>
3	Line-caught Hake Fillets
30g	Capers <i>drained & roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Lemons <i>1½ cut into wedges</i>
60g	Almonds <i>roughly chopped</i>
120g	Danish-style Feta <i>drained & 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 300ml 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 5-6 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 90g 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 3 lemon wedges 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