



UCOOK

Smoky Hake & Chickpea Salad

with **crispy kale & ancient grains**

Pan-fried hake coated with smoked paprika, served with an ancient grain, crispy chickpea, caramelised onion wedge, and kale salad. Finished off with a zesty yoghurt dressing. It's the simple things in life!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
1	Onion <i>½ peeled & cut into thin wedges</i>
50ml	Coconut Yoghurt
1	Lemon <i>½ zested & cut into wedges</i>
100ml	Ancient Grain Mix <i>(50ml Quinoa & 50ml Millet)</i>
50g	Kale <i>rinsed & roughly shredded</i>
1	Line-caught Hake Fillets
2,5ml	Smoked Paprika
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>

From Your Kitchen

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

1. EASY CHICKPEA-SY Preheat the oven to 200°C. Place the drained chickpeas and the onion wedges on a roasting tray. Coat in oil and some seasoning. Roast in the hot oven for 20-25 minutes, shifting halfway. In a small bowl, add the yoghurt, lemon zest, 5ml of a sweetener of choice, and seasoning. Add water in 5ml increments until drizzling consistency. Set aside for serving.

2. BUBBLING GRAINS Rinse the grain mix and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the grains are tender, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes.

3. CRISPY KALE Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. When the roast has 8-10 minutes remaining, scatter the kale over the tray of chickpeas and onions. Return to the oven and roast for the remaining time. On completion, the kale and chickpeas should be crispy and the onion caramelised.

4. SMOKY HAKE When the roast has 5 minutes remaining, pat the hake dry with some paper towel and coat in the smoked paprika (to taste) and seasoning. Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry the other side for another 3-4 minutes until cooked through. In the final 1-2 minutes, baste the hake with the grated garlic and a squeeze of lemon. Remove from the pan on completion, reserving the pan juices.

5. ALL TOGETHER NOW Add ½ the roast chickpeas and veg to the cooked grains with a drizzle of olive oil and some seasoning. Toss until fully combined.

6. DINNER IS SERVED Plate up the loaded salad. Scatter over the remaining roast veg and chickpeas and top with the smoky hake. Drizzle over the zesty yoghurt and garnish with a lemon wedge and the sliced chilli (to taste). Well done, Chef!



Chef's Tip

Pop any leftover chilli in a bag and store it in the freezer. It's fantastic when finely grated directly from frozen, creating a tasty chilli dust that's great for cooking or sprinkling over dishes – and you avoid food waste!

Nutritional Information

Per 100g

Energy	540kJ
Energy	129Kcal
Protein	7.6g
Carbs	18g
of which sugars	2.4g
Fibre	3.4g
Fat	2.1g
of which saturated	0.5g
Sodium	36mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day