



# UgCOOK

## Chickpea Ragu & Crispy Hake

with dill yoghurt

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Strandveld | Viognier

### Nutritional Info

	Per 100g	Per Portion
Energy	417kJ	2930kJ
Energy	100kcal	701kcal
Protein	6.4g	44.8g
Carbs	15g	105g
of which sugars	2.9g	20.3g
Fibre	3.2g	22.1g
Fat	1.1g	8g
of which saturated	0.3g	1.8g
Sodium	154mg	1083mg

**Allergens:** Cow's Milk, Wheat., Gluten, Allium, Fish

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
1	2	Line-caught Hake Fillet/s
60g	120g	Chickpeas <i>drain &amp; rinse</i>
1	1	Onion <i>peel &amp; roughly slice</i>
120g	120g	Carrot <i>rinse, trim, peel &amp; cut ½ [1] into bite-sized pieces</i>
20ml	40ml	Spice Mix <i>(10ml [20ml] NOMU Spanish Rub &amp; 10ml [20ml] NOMU Indian Rub)</i>
100ml	200ml	Tomato Passata
30ml	60ml	Greek Yoghurt
3g	5g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
10ml	20ml	Crispy Onion Bits

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

Sugar/Sweetener/Honey

**1. BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] 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.

**2. HAKE** Place a pan 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, 2-3 minutes. Flip and fry the other side, 2-3 minutes. Remove from the pan and season.

**3. CHICKPEAS** Return the pan (with a lid) to medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**4. RAGU** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion and the carrot until lightly golden, 4-5 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml [300ml] of water. Simmer until thickening, 10-12 minutes. In the final 2-3 minutes, submerge the hake, and the chickpeas into the sauce. Remove from the heat, add a sweetener (to taste) and season.

**5. JUST BEFORE SERVING** In a small bowl, combine the yoghurt, the dill, and season.

**6. DINNER IS READY** Make a bed of the bulgur, top with the hake and the chickpea ragu. Finish with dollops of the dill yoghurt and sprinkle over the crispy onions. Cheers, Chef!