

QCOOK

Pan-seared Hake & Leek Purée

with fluffy pearled barley

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	420kj	2052kj
Energy	101kcal	491kcal
Protein	7.3g	35.4g
Carbs	14g	67g
of which sugars	2g	9g
Fibre	3g	17g
Fat	1.5g	7.5g
of which saturated	0.2g	0.8g
Sodium	44mg	214mg

Allergens: Sulphites, Fish, Gluten, Tree Nuts, Wheat, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Pearled Barley <i>rinse</i>
22.5g	30g	Almonds
240g	320g	Baby Tomatoes
300g	400g	Leeks <i>trim & cut in half lengthways, thoroughly rinse & finely slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
180g	240g	Peas
60g	80g	Green Leaves <i>rinse</i>
30ml	40ml	Lemon Juice
3	4	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Blender

Paper Towel

Cooking Spray (or oil of your choice)

- 1. BEGIN THE BARLEY** Place the pearled barley in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.
- 2. A IS FOR ALMONDS** 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.
- 3. TASTY TOMS** Return the pan to medium heat with some cooking spray or a drizzle of oil. Char the baby tomatoes until blistered, 5-6 minutes. Season, remove from the pan and set aside.
- 4. LEEK & PEA PUREE** Return the pan to medium-high heat with some more cooking spray (or oil) if necessary. Fry the leeks until soft, 3-4 minutes (shifting frequently). Add the garlic and the peas and fry until fragrant, 1-2 minutes. Place the leek and pea mix in a blender, season, and pulse until a chunky purée. Add water in 10ml increments if it's too thick for your liking. Season, cover and set aside.
- 5. FRESH FLAVOUR** In a bowl, combine the green leaves, the blistered tomatoes, lemon juice and the barley. Season well and set a side.
- 6. FAB FISH** Return the pan to medium-high heat with some more cooking spray (or oil) if necessary. Pat the fish dry with paper towel. When hot, sear the fish until golden, 3-4 minutes per side. Remove from the pan and season. When the fish is nearly done, heat the purée slightly before serving.
- 7. DINNER IS DONE** Smear the bottom of the plate with the purée. Top with the barley salad and the golden fish. Scatter over the toasted almonds. Supper is served, Chef!