



UCOOK

Cape Malay Hake & Chickpea Curry

with whole wheat couscous & dried apricots

Warm up your belly with this comforting Cape Malay hake & chickpea curry, packed with onion, peas, and spinach. Served over fluffy couscous and garnished with dried apricots and fresh parsley, you'll be "mmmmm"ing with every bite!

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Boschendal | Le Bouquet

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Ingredients & Prep

1	Line-caught Hake Fillet
1	Onion <i>½ peeled & roughly diced</i>
10ml	Cape Malay Curry Paste
100g	Cooked Chopped Tomato
60g	Chickpeas <i>drained & rinsed</i>
1	Fresh Chilli
20g	Spinach
10g	Dried Apricots
75ml	Whole Wheat Couscous
40g	Peas
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. CRISPY HAKE Boil a full kettle. Pat the hake dry with paper towel and season. Place a pot over a medium high heat with a drizzle of oil. When hot, add the hake, skin-side down, and fry for 3-4 minutes until crispy. Remove from the pot on completion.

2. CURRY ON Return the pot to a medium heat. When hot, add the diced onion and fry for 3-4 minutes, until soft, shifting occasionally. Add the curry paste (to taste) and fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked chopped tomato, the drained chickpeas, and the browned hake. Gently mix until fully combined and leave to simmer for 5-6 minutes, stirring occasionally. If the curry reduces too quickly, add a splash of water.

3. COUSCOUS, WHY NOT? While the curry is simmering, deseed and roughly slice the chilli. Rinse the spinach and roughly chop the dried apricots. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

4. FINAL TOUCHES When the curry has 2-3 minutes remaining, add the peas and ½ the rinsed spinach. Mix until the spinach is wilted. On completion, the curry should be slightly reduced and the hake should be cooked through. Season with salt, pepper, and a sweetener of choice (to taste).

5. CAPE MALAY CURRY TIME! Make a bed of the fluffy couscous and the hake curry. Side with the remaining spinach and sprinkle over the picked parsley. Garnish with the chopped apricots and the sliced chilli (to taste). Well done, Chef!



Chef's Tip

Draining and rinsing tinned chickpeas before use reduces the amount of sodium you're adding to your meal. It also improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	453kj
Energy	108Kcal
Protein	7.7g
Carbs	15g
of which sugars	3.7g
Fibre	2.8g
Fat	0.9g
of which saturated	0g
Sodium	110mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day