



UCOOK

Flaky Harissa Hake

with fragrant spiced rice, flaked almonds & charred leeks

The perfectly light, protein-packed centerpiece for a hearty meal, this line-caught hake is basted and baked in a yoghurt, harissa, and lemon sauce. With dazzling flavours from basmati cooked in Moroccan Rub, roast leeks, almonds, and dried cranberries.

Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

300ml	White Basmati Rice
30ml	NOMU Moroccan Rub
400g	Leeks <i>trimmed</i>
250ml	Plain Low Fat Yoghurt
60ml	Pesto Princess Harissa Paste
2	Lemon <i>cut into wedges</i>
4	Hake Fillet
60g	Flaked Almonds
80g	Green Leaves <i>rinsed</i>
60g	Dried Cranberries <i>roughly chopped</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. RICE WITH MOROCCAN SPICE Preheat the oven to 200°C. Rinse the rice and place in a pot with the Moroccan Rub to taste and 600ml of salted water. Stir through, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. CHAR THOSE LEEKS Cut the trimmed leeks in half lengthways, rinse thoroughly, and dry. Place on a roasting tray, coat in oil, and season. Turn cut-side up and roast in the hot oven for 20-25 minutes until charred and softened.

3. MARINATE & BAKE THE HAKE In a bowl, combine the yoghurt, the harissa, and the juice of 3 lemon wedges. Mix in salt, pepper, and 2 tsp of a sweetener of choice until well combined. Pat the hake dry with paper towel and place skin-side down on a lightly greased baking tray. Use half of the harissa yoghurt to evenly coat the flesh. Bake in the hot oven for 15-20 minutes until cooked through and flakey. (The time this takes will depend on the thickness of the fillets.)

4. TOAST THE ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

5. TIME TO FINISH UP Place the rinsed green leaves in a bowl with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Toss to coat and set aside for serving. Loosen the remaining harissa yoghurt with milk or water in 5ml increments until drizzling consistency.

6. TIME TO DINE Make a bed of Moroccan rice and top with the spiced hake, the dressed leaves, and the roast leeks. Drizzle the harissa yoghurt dressing over the hake. Garnish with the toasted almond flakes, chopped cranberries, and chopped parsley. Good job, Chef!

Nutritional Information

Per 100g

Energy	561kJ
Energy	134Kcal
Protein	7.6g
Carbs	20g
of which sugars	2.5g
Fibre	2.3g
Fat	2.4g
of which saturated	0.5g
Sodium	188.5mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day