



# UCOOK

## Lemon-caper Sauce & Hake

with bulgur wheat, Danish-style feta & tomato

Be instantly transported to the seaside with the first taste of this inviting fish dish. On a bed of loaded bulgur wheat lies a tender piece of seared hake, elevated with a buttery lemon-caper sauce. Finished with a sprinkling of oregano for freshness and almonds for crunch.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Aisling Kenny

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 Quick & Easy

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 Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

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|       |   |
|-------|---|
| 225ml | Bulgar Wheat<br><i>rinse</i>                              |
| 30g   | Capers<br><i>drain &amp; roughly chop</i>                 |
| 8g    | Fresh Oregano<br><i>rinse &amp; pick</i>                  |
| 150g  | Cucumber<br><i>rinse &amp; cut into bite-sized chunks</i> |
| 60g   | Sun-dried Tomatoes<br><i>drain</i>                        |
| 90g   | Danish-style Feta<br><i>drain</i>                         |
| 30ml  | Garlic Flakes   |
| 60ml  | Lemon Juice   |
| 3     | Line-caught Hake Fillets                                  |
| 30g   | Almonds   |
| 60ml  | Crispy Onion Bits   |

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. BULGUR TIME** Boil the kettle. Place the bulgur wheat in a pot with 450ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. LEMON-CAPER SAUCE** While the bulgur wheat is simmering, prep the capers, the oregano, the cucumber, the sun-dried tomatoes, and the feta as specified in the ingredient table. Place a pan over medium heat with 90g of butter. When melted, add the chopped capers and the grated flakes, and fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat. Add ½ the lemon juice and seasoning. Remove the sauce from the pan and cover in a bowl.

**3. FRYING FISH** Place a clean pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, until crispy and golden, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and set aside.

**4. COMBINE BEFORE YOU DINE** In a bowl, combine ½ the oregano, the cucumber pieces, the drained sun-dried tomatoes, the drained feta, the almonds, the cooked bulgur, the remaining lemon juice, a drizzle of olive oil, and seasoning.

**5. YOU'LL WANT NEPTUNE'S FORKFUL** Plate up the loaded bulgur wheat. Top with the seared hake. Drizzle over the lemon-caper sauce. Sprinkle over the remaining oregano and the crispy onion bits. Dig in, Chef!



## Chef's Tip

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.

## Nutritional Information

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Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 735kJ   |
| Energy             | 176kcal |
| Protein            | 11g     |
| Carbs              | 21g     |
| of which sugars    | 1.9g    |
| Fibre              | 3.6g    |
| Fat                | 5.7g    |
| of which saturated | 1.8g    |
| Sodium             | 211.8mg |

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## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts, Cow's Milk

Cook  
within 1  
Day