



UCOOK

BBQ Hake & Cajun Couscous

with pineapple & cucumber

A delish fish dish that deserves a Chef's kiss! NOMU Cajun Rub-spiced couscous is loaded with cooling cucumber, sweet pineapple, plump peas & crispy chickpeas. Crowned with a heavenly piece of line-caught hake, coated in The Sauce Queen Smokey BBQ Sauce. Garnished with toasted coconut flakes.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jemimah Smith

Fan Faves

Waterford Estate | Waterford Rose-Mary Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

10g	Coconut Flakes
75ml	Couscous
60g	Chickpeas <i>drain & rinse</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
10ml	NOMU Cajun Rub
40g	Peas
1	Line-caught Hake Fillet
40ml	The Sauce Queen Smokey BBQ Sauce
30g	Tinned Pineapple Pieces <i>drain</i>
50g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. COCONUT & COUSCIOUS Boil the kettle. Place the coconut flakes in a pan (with a lid) over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CRISPY CHICKPEAS Return the pan to medium heat with a drizzle of oil. When hot, toast the drained 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. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. BELL PEPPERS & PEAS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper pieces until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub, and the peas. Fry until fragrant for the remaining time. Remove from the pan and set aside.

4. BBQ HAKE Return a pan, wiped down, 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, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove the pan from the heat, baste with the BBQ sauce, and season.

5. LOADED COUSCIOUS Once the couscous has steamed, add the crispy chickpeas, the fried peppers and peas, the drained pineapple, the diced cucumber, and seasoning.

6. DELICIOUS & NUTRITIOUS Make a bed of the loaded couscous. Top with the BBQ fish, and all the sauce. Scatter over the toasted coconut flakes.

Nutritional Information

Per 100g

Energy	432kJ
Energy	103kcal
Protein	6.1g
Carbs	13g
of which sugars	4.5g
Fibre	2.7g
Fat	2g
of which saturated	0.9g
Sodium	148mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
1 Day