



UCOOK

Flaked Harissa Hake

with fragrant quinoa, almonds & charred leeks

The perfectly light, protein-packed centerpiece for a hearty meal: a line-caught hake is basted and baked in a yoghurt, harissa, and lemon sauce. Served with dazzling fluffy quinoa cooked in Moroccan Rub, roast leeks, almonds, and pitted dates.

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

♥ Health Nut

🍷 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

300ml	White Quinoa
20ml	NOMU Moroccan Rub
400g	Leeks <i>trimmed</i>
240ml	Plain Yoghurt
30ml	Pesto Princess Harissa Paste
2	Lemons <i>zested & cut into wedges</i>
4	Line-caught Hake Fillets
60g	Slivered Almonds
80g	Green Leaves <i>rinsed</i>
60g	Dried Pitted Dates <i>roughly chopped</i>
10g	Fresh Dill <i>rinsed & chopped</i>

From Your Kitchen

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

1. SPICY QUINOA Preheat the oven to 200°C. Rinse the quinoa and place in a pot with Moroccan rub. Submerge in 800ml of water. Pop on a lid, place over a medium-high heat, and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace lid and allow to stand off the heat for at least 5 minutes.

2. CHAR THOSE LEEKS Cut the trimmed leeks in half lengthways, rinse thoroughly, and dry. Roughly chop into bite-sized chunks. Place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the chopped leeks for 3-4 minutes until soft, shifting frequently.

3. STEP NAME In a bowl, combine the yoghurt, harissa, and juice of 3 lemon wedges. Mix in salt, pepper, and a sweetener of choice (all to taste!) until well combined. Pat the hake dry with paper towel and place skin-side down on a lightly greased baking tray. Coat the flesh in ½ of the harissa yoghurt. 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 fillet.)

4. TOAST NUTS Place the slivered 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. Mix the sautéed leeks through the cooked quinoa and season to taste. Loosen the remaining harissa yoghurt with milk or water in 5ml increments until drizzling consistency.

6. DINE TIME Make a bed of Moroccan quinoa and top with the spiced hake and dressed leaves. Drizzle the remaining harissa yoghurt dressing over the hake. Garnish with the toasted slivered almond, chopped dates, and chopped dill. Good job, Chef!

Nutritional Information

Per 100g

Energy	575kJ
Energy	137Kcal
Protein	8g
Carbs	18g
of which sugars	4.3g
Fibre	2.5g
Fat	3.7g
of which saturated	0.4g
Sodium	118mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day