



UCOOK

Homestyle Hake Stew

with carrots, potatoes & fresh parsley

Quick, easy and super tasty! This fish stew is packed with chunky veggies swimming in a flavoursome tomato base, and is topped with fragrant fresh parsley. It is served over fluffy bulgur wheat, the perfect accompaniment to soak up all the stew juices!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Quick & Easy

 Boschendal | Le Bouquet

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Ingredients & Prep

100ml	Bulgur Wheat
250g	Potato Chunks <i>cut into small bite-sized pieces</i>
120g	Carrot <i>rinsed, trimmed & cut into chunks</i>
100g	Cooked Chopped Tomato
10ml	Vegetable Stock
1	Line-caught Hake Fillet
10ml	NOMU Seafood Rub
20g	Spinach
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. BULGUR BASE Boil a full kettle. Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork on completion, replace the plate over the bowl, and set aside.

2. START THE STEW Place a pot over a medium-high heat with a drizzle of oil. When hot, add the potato pieces, the carrot chunks, and some seasoning. Fry for 4-5 minutes, shifting occasionally, until starting to brown. Pour in the cooked chopped tomato, the stock, and 300ml of boiling water. Mix until fully combined. Reduce the heat and leave to gently simmer for 4-6 minutes, until slightly reduced.

3. HEY-AKE, THERE! Pat the hake dry with a paper towel and cut into thick chunks. Coat the chunks in the rub and some seasoning. Once the stew has slightly reduced, add the coated hake chunks to the stew and leave to poach for 7-10 minutes until cooked through.

4. SPINACH STEP Rinse and roughly shred the spinach. When the fish has 1-2 minutes remaining, add the shredded spinach to the stew. Mix until wilted. Season the stew to taste.

5. STEW, THAT WAS CLOSE! Plate up a hearty helping of the fluffy bulgur wheat and spoon over the saucy hake stew. Sprinkle over the picked parsley. Warm and comforting!



Chef's Tip

If you want to remove the hake's skin, lightly sprinkle boiling water onto the skin to 'firm' it up before removing it. This will make the process of peeling it off happen more smoothly.

Nutritional Information

Per 100g

Energy	406kj
Energy	97Kcal
Protein	5.5g
Carbs	18g
of which sugars	1.9g
Fibre	3.3g
Fat	0.5g
of which saturated	0g
Sodium	298mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day