



UCCOOK

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.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Quick & Easy

 Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

75ml	Bulgar Wheat <i>rinse</i>
10ml	Capers <i>drain & roughly chop</i>
3g	Fresh Oregano <i>rinse & pick</i>
50g	Cucumber <i>rinse & cut into bite-sized chunks</i>
20g	Sun-dried Tomatoes <i>drain</i>
30g	Danish-style Feta <i>drain</i>
10ml	Garlic Flakes
20ml	Lemon Juice
1	Line-caught Hake Fillet
10g	Almonds
20ml	Crispy Onion Bits

From Your Kitchen

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 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 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 30g of butter. When melted, add the chopped capers and the grated flakes, and fry until fragrant, 30-60 seconds (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

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

Allergens

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

Cook
within 1
Day