



# UCOOK

## Mediterranean Tomato Hake

**with couscous, pitted kalamata olives & NOMU Spanish rub**

Take a culinary trip to the Mediterranean - without leaving your kitchen. A generous serving of parsley-laced couscous is sided with a tomato-based sauce, layered with olives, wilted spinach & NOMU Spanish rub. Crispy-skinned hake completes this no-fuss but flavourful meal.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Isra Hoosen

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 Quick & Easy

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 Stellenzicht | Thunderstone Rosé

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## Ingredients & Prep

150ml	Couscous
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
1	Red Onion <i>peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	NOMU Spanish Rub
200g	Cooked Chopped Tomato
2	Line-caught Hake Fillets
50g	Pitted Kalamata Olives
100g	Spinach

## From Your Kitchen

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

**1. PARSLEY COUSCOUS** Boil a full kettle. Place the couscous in a bowl with 200ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Toss through ½ the chopped parsley and set aside.

**2. MEDITERRANEAN SAUCE** Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and the NOMU rub and fry until fragrant (shifting constantly). Add the cooked chopped tomato and 200ml of water. Reduce the heat slightly and simmer until slightly reduced and thickened, 8-10 minutes.

**3. CRISPY-SKIN HAKE** Place a pan 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 until cooked through, 3-4 minutes. Season.

**4. FINAL PREP** Rinse and halve the olives. Rinse and roughly shred the spinach. When the sauce is done, add the halved olives and the rinsed spinach to the sauce. Mix until the spinach is wilted. Stir through a sweetener and seasoning.

**5. A MEMORABLE MEAL** Plate up the fluffy couscous. Side with the tomato sauce topped with the hake. Sprinkle over the remaining parsley. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	394kJ
Energy	94kcal
Protein	7.2g
Carbs	12g
of which sugars	2.7g
Fibre	2.1g
Fat	0.9g
of which saturated	0.1g
Sodium	282mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook  
within 1  
Day