



UCCOOK

Tandoori-spiced Hake

with roasted cauliflower & pickled cucumber

Tandoori-spiced hake is pan seared before being doused in a creamy coconut curry sauce and served on a bed of fluffy bulgur wheat. Sided with roasted cauliflower, zingy pickled cucumber, crunchy peanuts and fresh coriander, this dish is crazy aromatic and super fantastic!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

100g	Cauliflower Florets <i>cut into bite-sized pieces</i>
75ml	Bulgur Wheat
50g	Cucumber
10g	Fresh Ginger
15g	Peanuts
15ml	Rice Wine Vinegar
1	Line-caught Hake Fillet
15ml	NOMU Tandoori Rub
100ml	Coconut Milk
10ml	Lime Juice
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. FLOWER POWER! Boil the kettle. Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil and season. Roast in the hot oven for 20-25 minutes until cooked through and starting to crisp, shifting halfway.

2. BULGUR, BABY! 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 set aside to steam for 15-20 minutes until cooked and tender. Fluff up with a fork on completion, replace the plate, and set aside.

3. PREP & PICKLE Cut the cucumber into half-moons and peel and grate the ginger. Roughly chop the peanuts. Place the vinegar, 1 tbsp of water, and a sweetener of choice (to taste) in a bowl. Mix until the sweetener is fully dissolved. Toss through the cucumber half-moons and set aside to pickle.

4. HAKE HEAVEN Pat the hake dry with some paper towel. Season with salt, pepper and ½ the rub (to taste). Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the hake skin-side down for 3-4 minutes until crispy. Flip and fry the other side 30-60 seconds or until cooked through. Remove from the pan on completion.

5. ALMOST THERE... Return the pan to a medium-high heat with a drizzle of oil. When hot, add the grated ginger and the remaining rub (to taste). Fry for 1-2 minutes, until fragrant, shifting constantly. Stir in the coconut milk and bring up to a simmer for 5-6 minutes until slightly reduced. Season with the lime juice (to taste), a sweetener of choice, salt, and pepper. Drain the pickling liquid from the cucumber.

6. LET'S EAT! Plate up the fluffy bulgur wheat. Top with the spiced hake, and pour over the tandoori curry sauce. Side with the roasted cauliflower and the pickled cucumber. Garnish with the chopped peanuts and the picked coriander. Delish!



Chef's Tip

Reserve the pickling liquid from the pickled cucumber, store it in the fridge, and use it for a second time in another meal!

Nutritional Information

Per 100g

Energy	508kj
Energy	121Kcal
Protein	7.1g
Carbs	12g
of which sugars	1.2g
Fibre	2.7g
Fat	4.7g
of which saturated	2.7g
Sodium	144mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Fish

Cook
within 2
Days