

UCCOOK

Hake & Greek Chickpea Salad

with couscous

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	351kJ	1811kJ
Energy	84kcal	433kcal
Protein	7.5g	38.7g
Carbs	8g	42g
of which sugars	2g	9g
Fibre	2g	9g
Fat	2g	10.1g
of which saturated	0.2g	1.2g
Sodium	153mg	788mg

Allergens: Sulphites, Fish, Gluten, Wheat, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	120ml	Couscous
180g	240g	Chickpeas <i>drain & rinse</i>
3	4	Line-caught Hake Fillets
7.5ml	10ml	NOMU Seafood Rub
300g	400g	Cucumber <i>rinse & roughly dice</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
120ml	160ml	Greek Dressing

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 150ml [200ml] of boiling water and a pinch of salt. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat. Lightly spray with cooking spray or oil (optional) and season. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan.

3. FAB FISH Return the pan to medium-high heat. Pat the hake dry with paper towel, coat with the NOMU rub, seasoning and lightly spray with cooking spray or oil (optional). When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the heat.

4. JUST BEFORE SERVING In a bowl with the couscous, add the cucumber, tomato, spring onion (to taste), chickpeas and seasoning.

5. DINNER IS READY Bowl up the loaded couscous salad, top with the fish and drizzle with the Greek dressing. Finish with a crack of black pepper and enjoy, Chef!