

# UCCOOK

## Hake & Greek Chickpea Salad

with couscous

**Hands-on Time:** 40 minutes

**Overall Time:** 45 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<br><i>drain &amp; rinse</i>                  |
| 3        | 4          | Line-caught Hake Fillets                               |
| 7.5ml    | 10ml       | NOMU Seafood Rub                                       |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>            |
| 3        | 4          | Tomatoes<br><i>rinse &amp; roughly dice</i>            |
| 2        | 2          | Spring Onions<br><i>rinse, trim &amp; 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!