



# UCOOK

## Flaky Harissa Hake

**with fragrant spiced rice, flaked almonds & charred leeks**

The perfectly light, protein-packed centerpiece for a hearty meal, this line-caught hake is basted and baked in a yoghurt, harissa, and lemon sauce. With dazzling flavours from basmati cooked in Moroccan Rub, roast leeks, almonds, and dried cranberries.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Easy Peasy**

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## Ingredients & Prep

75ml	White Basmati Rice
7,5ml	NOMU Moroccan Rub
100g	Leeks <i>trimmed</i>
65ml	Plain Low Fat Yoghurt
15ml	Pesto Princess Harissa Paste
1	Lemon <i>one half cut into wedges</i>
1	Hake Fillet
15g	Flaked Almonds
20g	Green Leaves <i>rinsed</i>
15g	Dried Cranberries <i>roughly chopped</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. RICE WITH MOROCCAN SPICE** Preheat the oven to 200°C. Rinse the rice and place in a pot with the Moroccan Rub to taste and 150ml of salted water. Stir through, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. CHAR THOSE LEEKS** Cut the trimmed leek in half lengthways, rinse thoroughly, and dry. Place on a roasting tray, coat in oil, and season. Turn cut-side up and roast in the hot oven for 10-15 minutes until charred and softened.

**3. MARINATE & BAKE THE HAKE** In a bowl, combine the yoghurt, the harissa, and the juice of 1 lemon wedge. Mix in salt, pepper, and ½ a tsp of a sweetener of choice until well combined. Pat the hake dry with paper towel and place skin-side down on a lightly greased baking tray. Use half of the harissa yoghurt to evenly coat the flesh. Bake in the hot oven for 15-20 minutes until cooked through and flakey. (The time this takes will depend on the thickness of the fillet.)

**4. TOAST THE ALMONDS** Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

**5. TIME TO FINISH UP** Place the rinsed green leaves in a bowl with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Toss to coat and set aside for serving. Loosen the remaining harissa yoghurt with milk or water in 5ml increments until drizzling consistency.

**6. TIME TO DINE** Make a bed of Moroccan rice and top with the spiced hake, the dressed leaves, and the roast leeks. Drizzle the harissa yoghurt dressing over the hake. Garnish with the toasted almond flakes, chopped cranberries, and chopped parsley. Good job, Chef!

## Nutritional Information

Per 100g

Energy	561kJ
Energy	134Kcal
Protein	7.6g
Carbs	20g
of which sugars	2.5g
Fibre	2.3g
Fat	2.4g
of which saturated	0.5g
Sodium	188.5mg

## Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook  
within 1  
Day