



# UCCOOK

## Lemon-caper Sauce & Hake

**with bulgur wheat, Danish-style feta & tomato**

Be instantly transported to the seaside with the first taste of this inviting fish dish. On a bed of loaded bulgur wheat lies a tender piece of seared hake, elevated with a buttery lemon-caper sauce. Finished with a sprinkling of oregano for freshness and almonds for crunch.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Aisling Kenny

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 Quick & Easy

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 Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

300ml	Bulgar Wheat <i>rinse</i>
40g	Capers <i>drain &amp; roughly chop</i>
10g	Fresh Oregano <i>rinse &amp; pick</i>
200g	Cucumber <i>rinse &amp; cut into bite-sized chunks</i>
80g	Sun-dried Tomatoes <i>drain</i>
120g	Danish-style Feta <i>drain</i>
40ml	Garlic Flakes
80ml	Lemon Juice
4	Line-caught Hake Fillets
40g	Almonds
80ml	Crispy Onion Bits

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. BULGUR TIME** Boil the kettle. Place the bulgur wheat in a pot with 600ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. LEMON-CAPER SAUCE** While the bulgur wheat is simmering, prep the capers, the oregano, the cucumber, the sun-dried tomatoes, and the feta as specified in the ingredient table. Place a pan over medium heat with 120g of butter. When melted, add the chopped capers and the grated flakes, and fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat. Add ½ the lemon juice and seasoning. Remove the sauce from the pan and cover in a bowl.

**3. FRYING FISH** Place a clean pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, until crispy and golden, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and set aside.

**4. COMBINE BEFORE YOU DINE** In a bowl, combine ½ the oregano, the cucumber pieces, the drained sun-dried tomatoes, the drained feta, the almonds, the cooked bulgur, the remaining lemon juice, a drizzle of olive oil, and seasoning.

**5. YOU'LL WANT NEPTUNE'S FORKFUL** Plate up the loaded bulgur wheat. Top with the seared hake. Drizzle over the lemon-caper sauce. Sprinkle over the remaining oregano and the crispy onion bits. Dig in, Chef!



## Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	735kj
Energy	176kcal
Protein	11g
Carbs	21g
of which sugars	1.9g
Fibre	3.6g
Fat	5.7g
of which saturated	1.8g
Sodium	211.8mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts, Cow's Milk

Cook  
within 1  
Day