



# UCOOK

## Hake & Curried Veg at Matloha's

with fragrant bulgur wheat & a rich tomato curry sauce

You've never had hake and veg this good! Your hake is pan fried in a little butter (optional), drizzled with lemon, and popped on a bed of fluffy bulgur wheat. Carrot, green beans, and red onion are pickled and curried in a rich tomato sauce, making for a filling and flavour-packed accompaniment.

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**Hands-On Time:** 35 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Liziwe Matloha

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 Health Nut

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 Lanzerac Estate | Pinotage Rosé

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## Ingredients & Prep

100ml	Bulgur Wheat
5ml	Vegetable Stock
120g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
3g	Fresh Coriander
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Mild Curry Powder
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
80g	Green Beans <i>rinsed, trimmed &amp; halved</i>
1	Red Onion <i>½ peeled &amp; finely sliced</i>
67,5ml	Pickling Sauce <i>(22,5ml Apple Cider Vinegar &amp; 45ml Tomato Sauce)</i>
1	Line-caught Hake Fillet
1	Lemon <i>½ cut into wedges</i>

## From Your Kitchen

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

**1. A HERBY BOWL OF BULGUR** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat and stock 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 for serving.

**2. BOIL THE CARROT** Place a pot over a medium heat and pour in enough water to submerge the carrot wedges. Once boiling, cook the carrot for 10-15 minutes until slightly softened but not cooked through. On completion, remove with a slotted spoon and plunge into a bowl of ice water for a few minutes to stop the cooking process. Rinse the coriander and finely chop.

**3. WE WILL WOK YOU!** When the carrot has cooled, drain and pat dry with paper towel. Place a wok or wide pan over a medium heat. Add a drizzle of oil, the grated garlic, the curry powder, and the sliced chilli (to taste). Stir fry for about 30 seconds until the garlic is slightly softened. Add in the carrot and halved green beans, and stir fry for 4-5 minutes.

**4. PICKLE IT UP** When the carrot is cooked through and caramelised, stir through the sliced onion and fry for 3-4 minutes until softened. Mix in the pickling sauce until combined. Allow to simmer for 2-3 minutes until the veggies are lightly glazed, stirring occasionally. On completion, season to taste and remove the pan or wok from the heat. Cover and set aside for serving.

**5. FLAKY HAKE** Pat the hake dry with paper towel and season. Place a clean pan over a medium heat with a drizzle of oil. When hot, fry the hake skin-side down for 3-4 minutes until crispy. Flip and fry for 3-4 minutes until cooked through. During the final 30-60 seconds, baste with a knob of butter (optional) and the lemon juice to taste. Remove from the pan on completion.

**6. SCRUMPTIOUS...** Pile up the bulgar wheat, smother in the saucy curried veg, and top with the hake. Garnish with the chopped coriander and a lemon wedge. Wonderful work, Chef!



## Chef's Tip

If you don't like the skin (and you have the extra time and energy!) you can peel your carrots for this recipe.

## Nutritional Information

Per 100g

Energy	395kJ
Energy	94Kcal
Protein	5.5g
Carbs	17g
of which sugars	3.9g
Fibre	3.3g
Fat	0.5g
of which saturated	0g
Sodium	162mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook  
within 1  
Day