

# U C O O K

— COOKING MADE EASY

## MIDDLE-EASTERN HAKE

with a cheesy za'atar crust & roast  
veggies

Flakey, line-caught hake baked in a za'atar and hard cheese crust, resting lavishly on a bed of bulgar wheat and roast carrot, onion, and orange. Float away on wafts of the fragrant aromas of the Middle East...

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**Prep + Active Time:** 20 minutes

**Total Cooking Time:** 40 minutes

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 **Serves:** 1 person

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 **Chef:** Tess Witney

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 **Easy Peasy**

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## Ingredients

240 g	Carrots <i>peeled &amp; cut into long wedges</i>
1	Onion <i>one half peeled &amp; cut into wedges</i>
1	Orange <i>one half zested &amp; sliced into thick circles</i>
100 ml	Bulgur Wheat
10 ml	NOMU Moroccan Rub
50 ml	Grated Italian Style Hard Cheese
2 g	Fresh Thyme <i>rinsed &amp; picked</i>
10 ml	Za'atar Spice
1	Hake Fillet
30 ml	Sweet Tahini
20 g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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



### CHEF'S TIP

One medium carrot contains almost 90% of the Recommended Daily Allowance of Vitamin A. Vitamin A is essential for fighting free radicals and supporting the immune system.

## 1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

## 2. ROAST CARROT, ONION & ORANGE

Preheat the oven to 200°C. Boil the kettle. Place 15g of butter in a bowl and set aside to reach room temperature. Spread out the carrot and onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy. When the veggies are halfway, give them a shift and add the orange slices to the tray. Return to the oven for the remaining cooking time.

## 3. BULGUR WHEAT

Using a shallow bowl, submerge the bulgur wheat in 200ml of boiling water. Add the Moroccan Rub to taste and a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

## 4. CHEESY COATING

When the butter has softened, add in the grated Italian-style hard cheese, half of the thyme leaves, and the za'atar spice to taste. Mix until soft and combined.

## 5. BAKED HAKE

Pat the hake dry with some paper towel. Place the hake skin-side down on a lightly greased baking tray. Coat the top of the hake with the za'atar-spiced butter. Bake in the oven for 12-15 minutes until the fish is cooked through and the cheese is beginning to crisp.

## 6. GET DRESSED

Lightly toss the rinsed green leaves with a drizzle of oil and set aside for serving. Combine the Sweet Tahini with 1 tsp of lukewarm water.

## 7. LET'S EAT!

Serve up a bed of dressed leaves and spiced bulgur. Load with the roast carrot and onion and top with the cheese-crusted hake. Drizzle over the sweet tahini dressing and scatter with the roast orange slices. Garnish with the remaining fresh thyme leaves. Look at you go, Chef!

## Nutritional Information

Per 100 g

Energy (kj)	468
Energy (kcal)	112
Protein	6
Carbs	17
of which sugars	5
Fibre	4
Fat	2
of which saturated	0
Salt	0

**Cook within:** 1 days **Allergens:** Egg Gluten Dairy Allium Sesame Wheat Fish



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