

UCOOK

Hake & Quinoa Medley

with a herbed yoghurt drizzle

The definition of fresh flavour, Chef! A bed of garlic-infused quinoa is topped with a pan-fried piece of perfect hake. Complemented with a zesty de-seeded, half-moon cucumber salad with baby tomatoes & onion, together with a dill & parsley yoghurt.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

***New Calorie Conscious**

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Ingredients & Prep

300g	Cucumber <i>rinse & cut in half lengthways</i>
30ml	Lemon Juice
240g	Baby Tomatoes <i>rinse & cut in half</i>
2	Onions <i>peel & thinly slice</i>
3	Garlic Cloves <i>peel & grate</i>
150ml	Quinoa <i>rinse</i>
16g	Mixed Herbs <i>(8g Fresh Dill & 8g Fresh Parsley)</i>
125ml	Low Fat Plain Yoghurt
3	Line-caught Hake Fillets

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey (optional)

1. FRESH SALAD Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a bowl, add the lemon juice (to taste), and a sweetener (optional). Add the halved tomatoes, the sliced cucumber, and ¼ of the sliced onion (to taste). Toss to combine and season.

2. GARLICKY QUINOA Place a pot over medium heat with a drizzle of oil. When hot, fry the remaining sliced onion until soft and lightly golden, 5-6 minutes. Add grated garlic and fry until fragrant, 30-60 seconds. Add the rinsed quinoa, and 450ml of water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. HERBACEOUS YOGHURT Rinse the mixed herbs and roughly chop. In a bowl, combine the yoghurt with ½ the chopped herbs. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

4. HEAVENLY HAKE Place a pan over medium heat with a drizzle of oil. Pat the hake dry with paper towel. 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 pan and season.

5. DIVE INTO DINNER Dish up the quinoa and top with the hake. Serve the tangy cucumber & tomato salad on the side. Drizzle it all with the herb yoghurt and garnish with the remaining chopped herbs. Well done, Chef!

Nutritional Information

Per 100g

Energy	311kJ
Energy	74kcal
Protein	5.7g
Carbs	9g
of which sugars	2g
Fibre	1g
Fat	1g
of which saturated	0.1g
Sodium	40.8mg

Allergens

Cow's Milk, Allium, Fish

Eat
Within
1 Day