



UCOOK

Mediterranean Tomato Hake

with couscous, pitted kalamata olives & NOMU Spanish rub

Take a culinary trip to the Mediterranean - without leaving your kitchen. A generous serving of parsley-laced couscous is sided with a tomato-based sauce, layered with olives, wilted spinach & NOMU Spanish rub. Crispy-skinned hake completes this no-fuss but flavourful meal.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Isra Hoosen

 Quick & Easy

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

225ml	Couscous
12g	Fresh Parsley <i>rinsed & roughly chopped</i>
2	Red Onions <i>1½ peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
22,5ml	NOMU Spanish Rub
300g	Cooked Chopped Tomato
3	Line-caught Hake Fillets
75g	Pitted Kalamata Olives
150g	Spinach

From Your Kitchen

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

1. PARSLEY COUSCOUS Boil a full kettle. Place the couscous in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Toss through ½ the chopped parsley and set aside.

2. MEDITERRANEAN SAUCE Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub and fry until fragrant (shifting constantly). Add the cooked chopped tomato and 300ml of water. Reduce the heat slightly and simmer until slightly reduced and thickened, 10-12 minutes.

3. CRISPY-SKIN HAKE Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry until cooked through, 3-4 minutes. Season.

4. FINAL PREP Rinse and halve the olives. Rinse and roughly shred the spinach. When the sauce is done, add the halved olives and the rinsed spinach to the sauce. Mix until the spinach is wilted. Stir through a sweetener and seasoning.

5. A MEMORABLE MEAL Plate up the fluffy couscous. Side with the tomato sauce topped with the hake. Sprinkle over the remaining parsley. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	394kJ
Energy	94kcal
Protein	7.2g
Carbs	12g
of which sugars	2.7g
Fibre	2.1g
Fat	0.9g
of which saturated	0.1g
Sodium	282mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day