



COOKING PASSION SINCE 1877

STEAMED HAKE WITH TABBOULEH, CHICKPEAS AND SALSA VERDE



INGREDIENTS

Hake:

- 4 **hake fillets**
- 2 tsp olive oil
- Pinch of salt and pepper

Tabbouleh with Pomegranate:

- 250 g **cooked bulgur wheat** (approx. 100g uncooked weight)
- 120 g (about half a tin) tinned chick peas, drained and rinsed
- Juice of half a lemon
- 1 tbsp olive oil
- Large bunch fresh coriander, chopped
- Large bunch fresh parsley, chopped
- Large bunch fresh mint, chopped
- Pinch of salt and pepper
- Seeds from 1 pomegranate

Salsa Verde:

- Small bunch fresh parsley
- Small bunch fresh basil
- 6 mint leaves
- 1 garlic clove, peeled and minced
- 15 g **capers**
- 1 tsp **red wine vinegar**
- 1 tbsp olive oil
- Pinch of salt and pepper
- 2 tbsp **crème fraiche**

Allergens highlighted in bold
Recipe Contains Alcohol

INSTRUCTIONS

1. Preheat the oven to Full Steam 100°C. Once preheated, place the hake fillets on a perforated gastronorm tray with a solid tray beneath. Drizzle on the oil and sprinkle on the salt and pepper. Steam for 15 minutes, until tender.
2. Meanwhile, make the tabbouleh by mixing together the cooked bulgur wheat, chick peas, lemon juice, olive oil, coriander, parsley and mint. Add a good pinch of salt and pepper and toss everything until combined. Sprinkle the pomegranate seeds on top.
3. Next make the salsa verde by placing the parsley, basil, mint, garlic, capers, oil and vinegar into a small food processor and pulsing until just combined. Fold in crème fraiche.
4. Divide the tabbouleh between two plates. Add a cooked hake fillet to each plate and spoon on the creamy salsa verde. Serve immediately.

