UCOOK

Asian Hake Parcel

with brown & wild rice

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Samantha Manne

Nutritional Info	Per 100g	Per Portion
Energy	356kJ	1863kJ
Energy	85kcal	446kcal
Protein	6.3g	32.8g
Carbs	11g	59g
of which sugars	3g	16g
Fibre	2g	10g
Fat	0.9g	4.9g
of which saturated	0.1g	0.4g
Sodium	211mg	1104mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Brown & Wild Rice *rinse*
2	2	Garlic Cloves *peel & grate*
30g	40g	Fresh Ginger *peel & grate*
120ml	160ml	Sesame-soy Sauce *60ml [80ml] Soy Sauce, 30ml [40ml] Lemon Juice, 7.5ml [10ml] Sesame Oil & 22.5ml [30ml] Coconut Sugar)*
3	4	Line-caught Hake Fillets
90g	120g	Daikon Rounds *cut into thin matchsticks*
2	2	Onions *peel & finely slice*
300g	400g	Spinach *rinse*
2	2	Fresh Chillies *rinse, trim, deseed & finely slice*

From Your Kitchen

Cooking Spray
Paper Towel
Seasoning (Salt & Pepper)
Tinfoil
Water

1. RICE Preheat the oven to 200°C. Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. HAKE Mix the garlic, ginger and ¾ of the sesame-soy sauce in a small bowl. Pat the hake dry with paper towel. Place the fish on a piece of foil, coat with the sesame mixture, and season. Wrap the foil tightly around the fish. Roast in the oven until the fish is cooked through, 15-20 minutes.

3. DAIKON In a bowl, combine the remaining sesame-soy sauce with the daikon and season.

4. VEGGIES Lightly spray a pan with cooking spray and place over a medium heat. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the spinach and fry until wilted, 3-4 minutes. Remove from the heat and season.

5. DINNER IS READY Dish up the rice, top with the veggies, the fish and all the juices. Top with the daikon and scatter over the chilli (to taste). Enjoy, Chef.