



UCCOOK

Peanut-chilli Hake & Noodles

with **NOMU Oriental Rub**, corn & a soy vinegar sauce

This mouth-watering recipe features a tender hake fillet served over a bed of charred corn & carrot-loaded noodles. Finished off with a peanut & chilli oil crumb to add a burst of flavour to every bite. This one is sure to hit the spot, Chef!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

1	Egg Noodles (Tai Ping)
75ml	Soy Vinegar <i>(45ml Low Sodium Soy Sauce & 30ml Rice Wine Vinegar)</i>
150g	Corn
45g	Peanuts <i>finely chopped</i>
15ml	NOMU Oriental Rub
8g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Chilli. <i>trimmed, deseeded & finely chopped</i>
3	Line-caught Hake Fillets
240g	Carrot <i>¾ rinsed, trimmed & peeled into ribbons</i>

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. IT'S SOY SWEET In a small bowl, combine the soy vinegar, 45ml of water, and 15ml of sweetener. Set aside.

3. GOLDEN NUGS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until charred, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. THE SECRET INGREDIENT Place the chopped peanuts, ½ the NOMU rub, ½ the chopped coriander, and the chopped chilli (to taste) in a small, heat-proof bowl. Return the pan to medium-high heat with 1 tbsp of oil. Heat until hot, 2-3 minutes. Remove from the heat and pour the hot oil over the peanut mix. Let it sizzle! Set aside.

5. PERFECT HAKE Return the pan to 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 the other side until cooked through, 3-4 minutes. In the final minute, baste with a knob of butter (optional) and the remaining NOMU rub. Remove from the pan and cover.

6. TOSS IT TOGETHER Return the pan to medium heat. When hot, add the charred corn, the carrot ribbons, the cooked noodles, the remaining coriander, and the loosened soy vinegar. Simmer until coated in the sauce, 1-3 minutes (shifting occasionally). Season.

7. DELISH! Plate up the loaded noodles. Top with the hake and garnish with the peanut & chilli oil crumb. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	559kj
Energy	133kcal
Protein	8.9g
Carbs	16g
of which sugars	2g
Fibre	1.7g
Fat	2.8g
of which saturated	0.5g
Sodium	247.5mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day