



UCOOK

Hake & Thai Papaya Salad

with peanuts, coriander & fresh mint

Oriental spiced hake sits atop a Thai salad of papaya, mixed slaw, spring onion, vermicelli noodles, coriander and mint. All dressed in a marinade of fresh chilli, garlic, coconut sugar and lime juice. Finished off with some toasted peanuts for a bit of crunch.


Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope Altima
Sauvignon Blanc

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Ingredients & Prep

50g	Vermicelli Noodles
25ml	Thai Dressing <i>(15ml Lime Juice & 10ml Coconut Sugar)</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
100g	Papaya Chunks <i>cut into bite-sized pieces</i>
1/4 head	Cabbage <i>½ thinly sliced</i>
120g	Carrot <i>½ grated</i>
1	Spring Onion <i>finely sliced</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
15g	Peanuts
1	Line-caught Hake Fillet
5ml	NOMU Oriental Rub

From Your Kitchen

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

1. GLASSY NOODLES Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

2. MARINATION In a large bowl, combine the Thai dressing, the grated garlic and the chopped chilli (to taste). Add the papaya pieces, the cabbage, the carrot, the sliced spring onion, ½ the chopped mint and ½ the chopped coriander. Toss until fully combined. Set aside to marinate.

3. TOAST Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

4. FRYING TIME Pat the hake dry with some paper towel. Coat in the rub and some seasoning. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. Remove from the pan on completion. Toss the cooked noodles through the papaya salad.

5. PLATE IT FANCY Dish up the Thai marinated salad and top with the golden hake. Sprinkle over the chopped peanuts and garnish with any remaining chilli, coriander and mint. Well done, Chef!

Chef's Tip

Don't worry if your papaya is not very soft. This salad is traditionally made with unripe papaya as it holds its shape in the salad and absorbs the dressing.

Nutritional Information

Per 100g

Energy	486kJ
Energy	116Kcal
Protein	5.9g
Carbs	17g
of which sugars	4.4g
Fibre	1.9g
Fat	2.2g
of which saturated	0.3g
Sodium	81mg

Allergens

Allium, Sesame, Peanuts, Sulphites, Fish

Cook
within 1
Day