

UCOOK

East Coast Curried Hake Tacos

with charred corn and black bean salsa, papaya & curried yoghurt

Tropical and brimming with Durban flavours, these tacos are one of a kind! Sweet, fresh papaya is the perfect accompaniment to the intensely flavoured curried hake. Spring onion, fresh chilli, lime and beautifully charred corn radiate from all directions, it's the perfect dish!


Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Health Nut

 No paired wines

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Ingredients & Prep

60g	Black Beans <i>drained & rinsed</i>
50g	Corn <i>drained</i>
15ml	Spice and All Things Nice Cape Malay Curry Paste
30ml	Double Cream Plain Yoghurt
100g	Papaya Chunks
1	Spring Onion <i>thinly sliced</i>
1	Fresh Chilli <i>deseeded & thinly sliced</i>
4g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Lime <i>zested & cut into wedges</i>
2	Soft Shell Corn Tortillas
1	Line-caught Hake Fillet
40g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. OFF YOU GO! Place a pan over a high heat with a drizzle of oil. When hot, fry the drained black beans and corn for 3-4 minutes until charred and crisped, shifting occasionally. On completion, place in a bowl and set aside to cool.

2. SPICE SPICE BABY Wipe down the pan and return it to a medium heat. Add in ½ of the curry paste and fry for 1-2 minutes until fragrant, shifting continuously. On completion, place in a small bowl. Once cooled slightly, mix in the yoghurt. Loosen with water in 5ml increments until drizzling consistency and set aside for serving.

3. LET'S SALSA Once the beans and corn have cooled, add in the papaya, sliced spring onion, and sliced chilli to taste. Toss together with ½ of the chopped coriander and a generous squeeze of lime juice. Finish off with a dash of olive oil and some seasoning. Set aside for serving.

4. TASTY TORTILLAS Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. (If you don't have a microwave, you can skip this step – it helps to get the perfect texture, but isn't essential!) Wipe down the pan and return it to a medium heat. When hot, dry toast the tortillas for 15 seconds per side until warmed through and lightly crisped. Once heated, stack under a dry tea towel to stop them from getting cold or drying out.

5. SOMETHING FISHY Place the remaining curry paste in a bowl and combine with a good drizzle of oil. Pat the hake dry with paper towel, cut into 2-3cm thick strips, and add to the bowl. Toss until fully coated. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake for 3-4 minutes until crispy and golden, turning as it colours. Remove from the pan on completion.

6. FANTASTACO TACOS! Lie the tortillas out flat and layer with shredded green leaves, papaya salsa, and flavourful hake slices. Drizzle with the spiced yoghurt and sprinkle over the remaining coriander. Toss together any remaining salsa, lettuce, and fresh chilli to taste, and serve on the side. And don't forget that lime wedge... Great work, Chef!

Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	6.4g
Carbs	16g
of which sugars	2.7g
Fibre	3g
Fat	2.2g
of which saturated	0.7g
Sodium	193mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 1
Day