



UCCOOK

Chilli-ginger Poached Hake

with daikon & udon noodles

Hands-on Time: 40 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	265kJ	1766kJ
Energy	63kcal	423kcal
Protein	5.1g	33.8g
Carbs	9g	61g
of which sugars	3g	18g
Fibre	1g	6g
Fat	0.3g	2.2g
of which saturated	0g	0.2g
Sodium	247.7mg	1653.8mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pak Choi <i>trim at the base, seperate leaves & rinse thoroughly</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
60g	80g	Fresh Ginger <i>peel & grate</i>
150ml	200ml	Tomato Passata
30ml	40ml	Vegetable Stock
90ml	120ml	Tangy Soy Sauce <i>(30ml [40ml] Lemon Juice, 30ml [40ml] Low Sodium Soy Sauce & 30ml [40ml] Honey)</i>
300g	400g	Udon Noodles
3	4	Line-caught Hake Fillets <i>pat dry & cut into bite-sized pieces</i>
90g	120g	Daikon Rounds <i>finely dice</i>
300g	400g	Cucumber <i>rinse & finely dice</i>
15g	20g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. AMAZING AROMAS Finely slice the pak choi stems and set aside. Thinly shred the leafy parts and set aside, keeping them separate from the stems. Place a pan over medium heat and lightly add cooking spray. When hot, fry the pak choi stems until al dente, 3-4 minutes. Add the chilli (to taste), the garlic, the ginger and fry until fragrant, 30-60 seconds (shifting constantly). Pour in the passata, the stock and 600ml [800ml] water and simmer until slightly reduced, 10-12 minutes (shifting occasionally).

2. ADD THE UMAMI Add the tangy soy sauce, the udon noodles and the hake and simmer until cooked through, 5-6 minutes (occasionally shifting gently). In the final 1-2 minutes, add the pak choi leaves and cook until wilted. Remove from the heat and season.

3. HEAVENLY HAKE DISH Bowl up the hearty poached hake broth, scatter over the daikon, the cucumber and garnish with the coriander.