

Eat Within 1 Day

# UCOOK

## Hake & Ginger Noodles

**with spinach & udon noodles**

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Megan Bure

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 291kJ | 1805kJ |
| Energy | 70kcal | 432kcal |
| Protein | 5.5g | 34.2g |
| Carbs | 10g | 60g |
| of which sugars | 3g | 20g |
| Fibre | 1g | 8g |
| Fat | 0.3g | 2.1g |
| of which saturated | 0g | 0.1g |
| Sodium | 228mg | 1414mg |

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

**Spice Level:** Mild

**Ingredients & Prep Actions:**

| Serves 3 | [Serves 4] | |
|---|---|---|
| 300g | 400g | Cabbage<br>*rinse & finely shred* |
| 2 | 2 | Garlic Cloves<br>*peel & grate* |
| 30ml | 40ml | NOMU Oriental Express |
| 45g | 60g | Fresh Ginger<br>*peel & grate* |
| 150ml | 200ml | Tomato Passata |
| 90ml | 120ml | Tangy Soy Sauce<br>*(30ml [40ml] Lemon Juice, 30ml [40ml] Low Sodium Soy Sauce & 30ml [40ml] Honey)* |
| 300g | 400g | Udon Noodles |
| 150g | 200g | Spinach<br>*rinse* |
| 3 | 4 | Line-caught Hake Fillets |
| 300g | 400g | Cucumber<br>*rinse & finely dice* |
| 8g | 10g | Fresh Parsley<br>*rinse, pick & roughly chop* |

**From Your Kitchen**

Cooking Spray (or oil of your choice)
Water
Paper Towel
Seasoning (salt & pepper)

1. AMAZING AROMAS Place a pan over medium heat. Lightly coat with cooking spray or oil (optional). When hot, fry the cabbage until lightly golden, 3-4 minutes. Add the garlic, ¾ NOMU rub and ginger. Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the passata and 300ml [400ml] of water and simmer until slightly reduced, 10-12 minutes (shifting occasionally).

2. ADD THE UMAMI Add the tangy soy sauce, udon noodles, and spinach. Simmer until the noodles are warmed through, 2-3 minutes. Remove from the heat and season.

3. HOOKED ON HAKE Place a pan over medium heat. Pat the fish dry with paper towel, lightly coat with cooking spray or oil (optional), the remaining NOMU rub, and seasoning. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan.

4. HEAVENLY HAKE DISH Bowl up the loaded noodles, top with the fish, and scatter over the cucumber. Garnish with the parsley and dig in, Chef!