

Eat Within 1 Day

UCOOK

Creamy Sun-dried Tomato & Hake Stew

with spinach & pumpkin seeds

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Barnard

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	577kJ	1558kJ
Energy	138kcal	373kcal
Protein	10.4g	28g
Carbs	5g	14g
of which sugars	3.2g	8.7g
Fibre	1.3g	3.5g
Fat	9g	24.2g
of which saturated	4.2g	11.3g
Sodium	161mg	434mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice *rinse*
10g	20g	Pumpkin Seeds
1	2	Line-caught Hake Fillet/s
1	1	Garlic Clove *peel & grate*
30g	60g	Sun-dried Tomatoes *drain*
10ml	20ml	NOMU Spanish Rub
50ml	100ml	Fresh Cream
20g	40g	Spinach *rinse*

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)
Butter

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FISH Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel and season. Fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan, season and gently flake. Set aside.

4. SAUCE Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. Fry the garlic, the sun-dried tomatoes, and the NOMU rub until fragrant, 1-2 minutes. Mix in the cream, the hake, and 50ml [100ml] of water. Simmer until the sauce is slightly thickening, 3-4 minutes. In the final 1-2 minutes, add the spinach. Remove from the heat and season.

5. TIME TO EAT Make a bed of the rice, top with the hake, and the sauce. Sprinkle over the seeds and enjoy, Chef!