Eat Within 1 Day

UCOOK

Soy-sesame Hake Noodles

with pak choi

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	447kJ	1729kJ
Energy	107kcal	414kcal
Protein	8.4g	32.4g
Carbs	13g	49g
of which sugars	0.6g	2.1g
Fibre	0.8g	3.2g
Fat	2.7g	10.5g
of which saturated	0.6g	2.5g
Sodium	337mg	1302mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Vermicelli Rice Noodles
3	4	Line-caught Hake Fillets
300g	400g	Pak Choi *trim at the base, separate leaves & rinse thoroughly*
3	4	Garlic Cloves *peel & grate*
2	2	Spring Onions *rinse & roughly slice*
30ml	40ml	Chilli Seed Mix *(15ml [20ml] White Sesame Seeds & 15ml [20ml] Dried Chilli Flakes)*
150ml	200ml	Sesame Soy *(90ml [120ml] Low Sodium Soy Sauce, 45ml [60ml] Rice Wine Vinegar & 15ml [20ml] Sesame Oil)*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter (optional)

1. NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain, reserve the water, and rinse in cold water.

2. HAKE Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, 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 and season.

3. VEG & SPICE Roughly slice the pak choi stems and cut the leaves in half lengthwise. Return the pan to medium heat with all the pan juices. Fry the garlic, the spring onion, and the pak choi stems until fragrant, 2-3 minutes. Mix in the noodles, ½ the chilli seed mix, the sesame soy, the pak choi leaves, and a splash of the noodle water. Simmer until the pak choi is wilted, 2-3 minutes. Remove from the heat, add a sweetener (to taste), and seasoning.

4. DINNER IS READY Dish up the loaded noodles, top with the hake, and sprinkle over the remaining chilli seed mix. Dig in, Chef!