



UCCOOK

Coconut Crusted Fish Fingers

with a fragrant Thai coconut noodle salad

Baked coconut hake fish fingers on a Thai salad of noodles, pickled peppers, spring onions, cucumber, cashews, mint, tossed in a spicy coconut dressing. A delightful, summery dinner!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

100ml	Coconut Cream
1	Lemon <i>½ zested & cut into wedges</i>
1	Line-caught Hake Fillet <i>cut into 3cm thick strips</i>
1 cake	Egg Noodles
10g	Cashew Nuts
20g	Coconut Flakes <i>roughly chopped</i>
10ml	Low Sodium Soy Sauce
3g	Fresh Mint <i>rinsed, picked & finely sliced</i>
15ml	Thai Red Curry Paste
50g	Cucumber <i>cut into matchsticks</i>
30g	Pickled Bell Peppers <i>drained & sliced</i>
1	Spring Onion <i>cut into thin strips lengthways</i>
50g	Edamame Beans

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. MARINATION STATION Preheat the oven to 200°C. In a shallow dish, add ½ the coconut cream, a squeeze of lemon juice and seasoning. Mix until fully combined. Add the fish fingers, toss until coated and leave to marinate in the fridge.

2. BUBBLING NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

3. ROASTY TOASTY Place the cashews in a pan over a medium heat. Toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop.

4. COCONUT CRUST Place the chopped coconut flakes in a shallow bowl. Remove the fish fingers one at a time from the marinade, and allow any excess marinade to drip off. Coat in the coconut flakes and place on a greased baking tray. Roast in the hot oven for 15-20 minutes until cooked through and golden. Discard the remaining marinade.

5. TOSS TOGETHER In a bowl, add the remaining coconut cream, the lemon zest, a squeeze of lemon juice, the soy sauce, ½ the sliced mint, the curry paste (to taste) and ½ tsp of a sweetener of choice. Whisk until fully combined. Add the cooked noodles, the cucumber matchsticks, the sliced pickled peppers, ½ the spring onion strips, ½ the chopped cashews, and the edamame beans. Toss until fully combined.

6. PLATE IT UP! Plate up the Thai noodle salad and top with the crunchy coconut fish fingers. Garnish with the remaining spring onion strips, the sliced mint, the remaining cashews and side with a lemon wedge. Well done, Chef!



Chef's Tip

If you're feeling fancy, place the spring onion strips in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	694kJ
Energy	166Kcal
Protein	7.4g
Carbs	13g
of which sugars	2.4g
Fibre	1.8g
Fat	8.7g
of which saturated	6g
Sodium	323mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Tree Nuts, Soy

Cook
within 1
Day