

UCOOK

Golden Pickled Hake

with toasted almonds, Cape Malay curry paste & fresh salad leaves


Aromas of Cape Malay curry, coriander and flaky hake will lure everyone in your house to the kitchen, so keep an eye on the food for those sneaky pre-dinner tastings! Sided with a fresh salad to balance the flavourful pickled hake.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Nell

 Carb Conscious

 Creation Wines | Creation Viognier

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Ingredients & Prep

10g	Almonds
1	Line-caught Hake Fillet
1	Onion <i>½ peeled & roughly sliced</i>
20ml	Spice & All Things Nice Cape Malay Curry Paste
10ml	Coriander Seeds
20ml	White Wine Vinegar
1	Tomato <i>½ cut into bite-sized chunks</i>
50g	Cucumber <i>cut into bite-sized chunks</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
25g	Danish-style Feta <i>drained</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. IT ALL STARTS WITH ALMONDS Place the almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside.

2. HERE'S TO HAKE! Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, for 3-4 minutes until crispy and golden. Flip, and fry the other side for 3-4 minutes until cooked through. Remove from the pan.

3. HURRY WITH THE CURRY Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry for 5-6 minutes until soft and starting to caramelize, shifting occasionally. Add the Cape Malay curry paste and the coriander seeds. Fry for 1-2 minutes until fragrant, shifting constantly.

4. YAY, IT'S CAPE MALAY! When the curry paste is fragrant, add the vinegar, 7.5ml of a sweetener of choice, and 100ml of water. Simmer for 5-6 minutes until thickened and the curry paste has cooked out. In the final 1-2 minutes, add the cooked hake and toss until coated. Season and remove from the heat.

5. FOR SOME FRESHNESS In a bowl, add the tomato & cucumber chunks, the shredded leaves, the pepper strips, the toasted almonds, seasoning, and a drizzle of olive oil. Crumble in the drained feta and toss until combined.

6. DELISH FISH DINNER Plate up the Cape Malay hake and sauce. Sprinkle over the chopped parsley and side with the fresh salad. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	285kj
Energy	68kcal
Protein	5.4g
Carbs	4g
of which sugars	1.8g
Fibre	1.6g
Fat	2.9g
of which saturated	0.8g
Sodium	136mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day