



UCOOK

Thai Green Hake Fillet

with coconut cream, peas & brown basmati rice

It's that beloved Thai curry, with a shot of lean, clean protein from a whole melt-in-your-mouth hake fillet. It's pan-fried for crisp, steeped in a creamy sauce of veggies and spices, and flecked with cashews and fresh basil.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Cavalli Estate | Cremello

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Ingredients & Prep

1	Line-caught Hake Fillet
75ml	Brown Basmati Rice <i>rinsed</i>
10ml	Vegetable Stock
15g	Cashew Nuts
15ml	Thai Green Curry Paste
50g	Pickled Bell Peppers <i>drained & sliced</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
100ml	Coconut Cream
100g	Pak Choi <i>trimmed at the base</i>
5g	Fresh Basil <i>rinsed & roughly sliced</i>
50g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. BUBBLE IT UP Place the rinsed rice in a pot. Submerge in 300ml of salted water and cover. Once boiling, reduce the heat and simmer for 25-30 minutes. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up.

2. LET'S PREP! Boil the kettle. Place the cashews in a deep pan over a medium heat. Toast for 3-5 minutes, shifting occasionally. Remove from the pan on completion, roughly chop when cool. In a shallow bowl, combine ⅓ of the curry paste with 1 tsp of oil and seasoning. Pat the hake dry with paper towel. Gently coat the flesh side with the paste and set aside to marinate until frying. Dilute the stock with 65ml of boiling water.

3. CURRYNATION Separate the leaves of the trimmed pak choi, rinse and finely slice the stems. Slice the green, leafy parts in half lengthways, keeping them separate from the stems. Place a pot over a medium heat with a drizzle of oil. When hot, fry the pak choi stems for 2-3 minutes until slightly softened. Add in the grated ginger and mix in the sliced chilli and remaining curry paste (both to taste). Fry for 30-60 seconds until fragrant, shifting constantly. Pour in the coconut cream and diluted stock, and stir until well incorporated. Bring to a simmer and cook for 4-5 minutes until slightly thickened, stirring occasionally.

4. CRISPY & GOLDEN Return the pan to a medium-high heat with a drizzle of oil. When hot, place the hake in the pan skin-side down, reserving any remaining marinade in the bowl. Fry for 3-4 minutes until crispy. Flip and fry for another 2 minutes until golden but not cooked through. Remove from the heat and set aside.

5. GREENERY Once the sauce has thickened, place the hake in the sauce flesh side down and pour in any remaining marinade to taste. Allow to simmer for 3-4 minutes until cooked through. Add in the pak choi leaves, peas, pickled peppers and mix through for 2-3 minutes until the pak choi leaves are wilted and the veggies are warmed through. On completion, season to taste and remove from the heat.

6. YUMMY! Plate up some rice and cover in Thai curry sauce. Top with the hake and toasted cashews. Garnish with the sliced basil and any remaining chilli if you'd like. Yum!



Chef's Tip

Always add curry paste to your taste preference! When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	591kj
Energy	141Kcal
Protein	6.5g
Carbs	16g
of which sugars	2.9g
Fibre	2.2g
Fat	5.8g
of which saturated	3.4g
Sodium	445mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day