



# UCOOK

## Napoletana Hake & Rice

**with fresh dill & an artichoke salad**

Americans use the term 'marinara' sauce. Italians would say 'Napoletana' sauce. At UCOOK, we call it a delicious sauce! This rich and tangy tomato sauce, with notes of garlic, basil & red pepper, is spooned over a golden hake fillet. Served with fluffy basmati rice and an artichoke & piquanté peppers salad, tossed in a special sweet vinaigrette.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Quick & Easy

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 Strandveld | Grenache

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
90g	Artichoke Quarters <i>drain &amp; roughly chop</i>
8g	Fresh Dill <i>rinse &amp; finely chop</i>
60g	Piquanté Peppers <i>drain</i>
67,5ml	Sweet Vinaigrette <i>(45ml Lemon Juice &amp; 22,5ml Honey)</i>
15ml	NOMU Spanish Rub
2 units	UCOOK Napoletana Sauce
3	Line-caught Hake Fillets

## From Your Kitchen

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

**1. SURP-RICE!** Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. MASTER OF MULTI-TASKING** While the rice is cooking, prep the salad leaves, the artichokes, the dill, and the peppers as specified in the ingredients table. In a salad bowl, toss together the shredded salad leaves, the chopped artichokes, ½ the chopped dill, the drained peppers, the sweet vinaigrette, a drizzle of olive oil, and seasoning. Set aside.

**3. NICE NAPOLETANA** Place a pan over medium heat with a drizzle of oil. When hot, fry the NOMU rub until fragrant, 30-60 seconds. Add the Napoletana sauce and simmer until heated through, 4-5 minutes. Loosen with a splash of water if it's too thick. Remove from the heat and season.

**4. LET'S SEA TO THE FISH** Place a pan over medium-high heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

**5. SO QUICK, CHEF!** Plate up the rice. Top with the hake smothered in the thick sauce. Side with the artichoke salad. Garnish with the remaining dill. Great work, Chef!

## Nutritional Information

Per 100g

Energy	564kj
Energy	135kcal
Protein	7.7g
Carbs	20g
of which sugars	4.6g
Fibre	1.3g
Fat	2.3g
of which saturated	0.5g
Sodium	246mg

## Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat  
withinn  
1 Day