



UCCOOK

Asian-Style Crispy Hake

with a sesame seed crust, zesty slaw & wasabi-mayo dressing


After a nourishing, easy dinner? Get all that and more with this beauty! Hake fillet is brought to life by a classic sesame-soy marinade, then coated in seeds and fried to crisp perfection. With sushi rice, the zing of a veg pickle, and a kewpie-wasabi kick.


Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Ella Nasser

 Easy Peasy

 Lanzerac Estate | Keldermeester Versameling Bergstroom

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Ingredients & Prep

60ml	Sesame-Soy Sauce <i>(40ml Low Sodium Soy Sauce & 20ml Sesame Oil)</i>
4	Line-caught Hake Fillets
400ml	Sushi Rice
400g	Shredded Cabbage
30ml	Wasabi Powder
120ml	Kewpie Mayo
200g	Edamame Beans
2	Limes <i>zested & cut into wedges</i>
60ml	Mixed Sesame Seeds
10g	Fresh Coriander <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. FLAVOURFUL MARINADE Place the sesame-soy sauce in a large, shallow bowl and mix in a sweetener of choice to taste until dissolved. Pat the hake dry with paper towel and submerge in the sauce. Set aside to marinate for 15-20 minutes.

2. WHIP UP YOUR RICE Rinse the rice under cold water until it runs clear. (This prevents it from becoming stodgy.) Place in a pot with 1L of fresh, salted water. Pop on a lid and place over a medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

3. CABBAGE & KEWPIE WITH A KICK Place the cabbage in a bowl with 10ml of salt and 40ml of a sweetener of choice. Toss until coated and set aside for 6-8 minutes. Place the wasabi powder in a small bowl and combine with 15ml of water until it forms a smooth paste. Place the mayo in a separate bowl and mix in the wasabi to taste. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. IN A PICKLE When the cabbage has finished resting, squeeze the moisture from it using a clean tea towel (recommended) or some paper towel. Place in a clean bowl with the edamame beans. Toss through some lime juice and zest to taste and set aside to pickle until serving.

5. SOMETHING FISHY... Place the sesame seeds in a shallow bowl. Remove a fillet from the marinade, shake off any excess liquid, and dip each side into the seeds to create an even crust. Repeat with each fillet. Reserve the bowl of marinade. Place a large, nonstick pan over a medium heat with a drizzle of oil. When hot, fry the hake fillets two at a time for 2-3 minutes per side until cooked through. (Make sure the pan doesn't get too hot or the seeds will burn.) During the final minute, baste the hake with the reserved marinade. Replenish the oil between batches if needed. Remove from the pan on completion, reserving any juices for serving.

6. PILE IT UP Scoop up some sushi rice and drizzle over the pan juices to taste. Top with the sesame-crusting hake and pickled salad. Drizzle over the wasabi mayo dressing, sprinkle with the chopped coriander, and finish with a lime wedge. Enjoy!



Chef's Tip

When coating the hake in the seeds, do it swiftly and don't swirl the fillet around, or the seeds will get wet and won't stick properly. We recommend using a clean tea towel to extract the water from the cabbage, but make sure to use one that can take a few potential stains!

Nutritional Information

Per 100g

Energy	796kJ
Energy	190Kcal
Protein	7.6g
Carbs	19g
of which sugars	1.2g
Fibre	1.7g
Fat	4g
of which saturated	0.5g
Sodium	124mg

Allergens

Sulphites, Sesame, Soy, Wheat, Gluten, Egg, Fish

Cook
within 1
Day