



U C O O K

— COOKING MADE EASY

Cape Malay Hake Tacos

with corn tortillas, dried apricots & a spiced cashew cream dressing

Inspired by the mix of flavours from the South African and oriental influences on Cape Malay cuisine, this fusion fiesta will bring some Taco Tuesday to your Monday! Curried hake is adorned with cashews, zingy veg, coriander, and drips of creamy dressing.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

20ml	Pickling Liquid <i>(15ml White Wine Vinegar & 5ml Honey)</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>roughly diced</i>
10ml	Spice And All Things Nice Cape Malay Curry Paste
1	Hake Fillet
45ml	Cashew Nut Cream Cheese
10g	Cashew Nut Pieces
3	Soft Shell Corn Tortillas
20g	Green Leaves <i>rinsed & gently shredded</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
10g	Dried Apricots <i>roughly chopped</i>

From Your Kitchen

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

1. PICKLED VEGGIES Place the pickling liquid in a bowl and combine with a small splash of warm water and a pinch of salt. Toss through the sliced radish and diced cucumber until coated. Set aside to pickle until serving.

2. MARINATE THE HAKE & MAKE THE DRESSING In a shallow dish, combine 1 tsp of the Cape Malay curry paste with a drizzle of oil and some seasoning. Pat the hake dry with paper towel and slice into 3-4cm thick strips. Place in the dish, toss until evenly coated, and set aside until frying. Place the cashew cream cheese in a bowl and combine with a splash of water or milk — oat or nut milk is recommended! Mix in the remaining curry paste to taste, season, and set aside for serving.

3. TOAST THE CASHEWS Place the cashew pieces in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. CRISP THOSE TORTILLAS Return the pan to a medium heat. When hot, toast the tortillas for 30-60 seconds on one side. Flip over, spritz the upturned side with water, and heat for another 30-60 seconds until warmed through and lightly crisped. (The water maintains their pliability.) You'll need to do this step in batches, stacking the heated ones under a dry dishcloth as you go to stop them from getting cold or drying out.

5. CAPE MALAY HAKE Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake strips skin-side down for 2-3 minutes until the skin is crispy. Then, fry for 5-6 minutes until cooked through and golden, shifting gently. Remove from the pan on completion. Hake strips can be fragile, so do this step in batches if necessary, covering each batch to keep warm.

6. TACO HEAVEN! Place the shredded green leaves in the centre of the tortillas and cover in pickled veg — use or lose the pickling liquid as you wish! Top with the golden hake and drizzle over the spicy cashew cream cheese. Garnish with the chopped coriander, the chopped dried apricots, and of course, the toasted cashews. Wrap up and taco in!



Chef's Tip

Radishes are high in vitamin C and zinc, giving these little veggies great antiviral properties. Vitamin C not only boosts the immune system, but also attacks viruses before they can proliferate. Add it raw to salads for peppery flavour, crunch, ruby colour, and bug-fighting benefits!

Nutritional Information

Per 100g

Energy	655kJ
Energy	157Kcal
Protein	8.9g
Carbs	14g
of which sugars	3.6g
Fibre	1.4g
Fat	6.3g
of which saturated	0.8g
Sodium	135mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

**Cook
within 1
Day**