



UCCOOK

Hake Pomodoro

with chilli flakes & crème fraîche

This dish proves that a tomato-y pomodoro-style sauce is the perfect carrier for tender, flaky hake! All of these beautiful ingredients come together with onion, spinach, and dried chilli flakes for some spice! It is served with jasmine rice and swirled with crème fraîche & sprinklings of fragrant basil. Bellissimo!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Quick & Easy

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

100ml	Jasmine Rice
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Italian Rub
5ml	Tomato Paste
2,5ml	Dried Chilli Flakes
100g	Cooked Chopped Tomato
1	Line-caught Hake Fillet
30ml	Crème Fraîche
20g	Spinach <i>rinsed</i>
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. RICE, RICE BABY Place the rinsed rice in a pot with 200ml 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. POMODORO-STYLE SAUCE Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, the tomato paste, and ½ the chilli flakes. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato and 50ml of water. Mix until fully combined and bring to a simmer.

3. POACHING AWAY Once the sauce is simmering, pat the hake dry with paper towel and season. Gently lower the hake into the sauce. Pop on the lid and leave to poach until the fish is cooked through and flaky, 8-10 minutes (flipping the fish at the halfway mark). Remove the fish from the sauce. Stir through ¾ of the crème fraîche, the rinsed spinach, and a splash of water (if necessary). Season.

4. DINNER IS SERVED! Plate up the rice. Top with the hake smothered in the pomodoro-style sauce. Dollop over the remaining crème fraîche. Sprinkle over the torn basil and the remaining chilli flakes (to taste). Great work, Chef!



Chef's Tip

If you want to remove the hake's skin, lightly sprinkle boiling water onto the skin to 'firm' it up before removing it. This will make the process of peeling it off happen more smoothly.

Nutritional Information

Per 100g

Energy	552kj
Energy	132kcal
Protein	5.8g
Carbs	19g
of which sugars	2.4g
Fibre	1.4g
Fat	3.3g
of which saturated	1.8g
Sodium	167.9mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day