

# UCCOOK

## Thai Green Hake Fillet

with fluffy white basmati rice

It's a signature Thai green curry with a shot of lean, clean protein on a bed of fragrant basmati rice. Melt-in-your-mouth hake fillet is fried until crisp, then steeped in a creamy sauce of veggies & spices, and sprinkled with pickled peppers, fresh chilli and bright basil.

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Waterford Estate | Waterford OVP Chenin Blanc 2020

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## Ingredients & Prep

75ml	White Basmati Rice
40g	Peas
1	Line-caught Hake Fillet
10ml	Vegetable Stock
10g	Fresh Ginger
10ml	Thai Green Curry Paste
50ml	Coconut Cream
100g	Pak Choi
4g	Fresh Basil
30g	Pickled Bell Peppers
1	Fresh Chilli

## From Your Kitchen

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

**1. GREEN MEANS GO** Boil the kettle. Rinse the rice and place in a pot over medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat, add the peas and steam for 10 minutes. Drain if necessary and fluff up with a fork.

**2. HOOKED ON HAKE** Pat the hake dry with paper towel and season. Place a pot over medium heat with a drizzle of oil. When hot, add the hake, skin-side down, and fry for 2 minutes per side until browned but not cooked through. Remove from the pot.

**3. CREAMY DREAMY CURRY** Dilute the stock with 150ml of boiling water. Peel and grate the ginger. Return the pot to a medium-high heat with a drizzle of oil. When hot, add the grated ginger and the curry paste (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. Add the diluted stock and the coconut cream. Reduce the heat and simmer for 8-10 minutes until slightly reduced.

**4. FRAGRANT FRIENDS** While the curry is simmering, trim and rinse the pak choi. Cut the leaves in half lengthways. Pick and rinse the basil. Drain the pickled peppers and roughly slice. Deseed and roughly slice the chilli.

**5. FINAL FLAIR** When the curry has 3-4 minutes remaining, add the browned hake and the pak choi leaves. Season to taste.

**6. CURRY UP & EAT!** Make a bed of the fluffy rice & peas. Top with the hake and the silky green curry. Scatter over the sliced peppers and the sliced chilli (to taste). Garnish with the picked basil leaves. Good job, Chef!

## Nutritional Information

Per 100g

Energy	508kJ
Energy	122kcal
Protein	6.7g
Carbs	17g
of which sugars	2.2g
Fibre	1.4g
Fat	2.8g
of which saturated	2g
Sodium	458mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 1  
Day