



UCCOOK

Thai Green Hake Fillet

with basmati rice & pak choi

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	2958kJ
Energy	135kcal	708kcal
Protein	7.1g	37.3g
Carbs	17g	90g
of which sugars	1.4g	7.5g
Fibre	1.3g	6.8g
Fat	4g	21g
of which saturated	3.1g	16g
Sodium	253mg	1324mg

Allergens: Allium, Fish, Shellfish

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1		[Serves 2]
100ml	200ml	White Basmati Rice <i>rinse</i>
100g	200g	Pak Choi <i>trim at the base</i>
15ml	30ml	Green Curry Paste
100ml	200ml	Coconut Cream
5ml	10ml	Fish Sauce
1	2	Line-caught Hake Fillet/s <i>pat dry with paper towel</i>
50g	100g	Peas
1	1	Fresh Chilli <i>rinse, deseed & roughly slice</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PAK CHOI Rinse the pak choi and roughly slice the pak choi stems. Slice the leafy parts in half lengthways, keeping them separate from the stems. Place a pot over medium heat with a drizzle of oil. When hot, fry the stems, and the curry paste (to taste) until fragrant, 1-2 minutes.

3. CURRY Add the coconut cream, the fish sauce (to taste), 100ml [200ml] of water, and the hake to the pot. Simmer until the hake is cooked through and the sauce is slightly thickening, 6-8 minutes (shifting occasionally). In the final 2-3 minutes, add the pak choi leaves and the peas. Remove from the heat and season.

4. DINNER IS READY Bowl up the rice, top with the hake, the veggies, and the sauce. Sprinkle over the chilli (to taste), and garnish with the coriander.