



Eat Within 1 Day

UCCOOK

Shakshuka-style Hake

with poppadoms & fresh coriander

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	308kj	1573kj
Energy	74kcal	376kcal
Protein	6.5g	33.4g
Carbs	9g	47g
of which sugars	3g	15.2g
Fibre	2.2g	11.3g
Fat	0.6g	3.3g
of which saturated	0g	0.2g
Sodium	230mg	1173mg

Allergens: Allium, Fish

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Shakshuka Spice <i>(30ml [40ml] NOMU Moroccan Rub, 24ml [32ml] Ground Paprika & 6ml [8ml] Dried Chilli Flakes)</i>
22,5ml	30ml	Tomato Paste
300ml	400ml	Tomato Passata
3	4	Line-caught Hake Fillets <i>pat dry with paper towel & cut into bite-sized pieces</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
6	8	Poppadoms
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

1. SHAKSHUKA SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the garlic, the tomato paste, and the shakshuka spice. Fry until fragrant, 2-3 minutes (shifting occasionally). Mix in the tomato passata and 450ml [600ml] of water. Simmer until reduced and thickened, 15-20 minutes. Add a sweetener and seasoning.

2. POACHING AWAY Once the sauce is simmering, submerge the hake pieces in the sauce. Pop on the lid and leave to poach until cooked through, 5-6 minutes. When the fish is cooked, add the cannellini beans. Mix until warmed through, 1-2 minutes.

3. POPPADOMS Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

4. IT'S READY Dish up a generous helping of the hake shakshuka. Garnish with the coriander. Serve the crispy poppadoms on the side for dunking. Well done, Chef!