

# UCCOOK

## Hake & Ginger Noodles

with radish & udon noodles

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Megan Bure

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 285kJ    | 1778kJ      |
| Energy             | 68kcal   | 426kcal     |
| Protein            | 5.4g     | 34g         |
| Carbs              | 10g      | 60g         |
| of which sugars    | 3g       | 20g         |
| Fibre              | 1g       | 7g          |
| Fat                | 0.4g     | 2.2g        |
| of which saturated | 0g       | 0.1g        |
| Sodium             | 161mg    | 1007mg      |

**Allergens:** Sulphites, Fish, Gluten, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                       |
|----------|------------|-----------------------------------------------------------------------------------------------------------------------|
| 1        | 2          | Line-caught Hake Fillet/s                                                                                             |
| 100g     | 200g       | Cabbage<br><i>rinse &amp; finely shred</i>                                                                            |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                                               |
| 10ml     | 20ml       | NOMU Oriental Express                                                                                                 |
| 10g      | 20g        | Fresh Ginger<br><i>peel &amp; grate</i>                                                                               |
| 50ml     | 100ml      | Tomato Passata                                                                                                        |
| 30ml     | 60ml       | Tangy Soy Sauce<br><i>(10ml [20ml] Lemon Juice,<br/>10ml [20ml] Low Sodium Soy<br/>Sauce &amp; 10ml [20ml] Honey)</i> |
| 100g     | 200g       | Udon Noodles                                                                                                          |
| 40g      | 80g        | Baby Spinach<br><i>rinse</i>                                                                                          |
| 20g      | 40g        | Radish<br><i>rinse &amp; finely dice</i>                                                                              |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; finely dice</i>                                                                            |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                                                                |

## From Your Kitchen

Cooking Spray (or oil of your choice)  
Water  
Paper Towel  
Seasoning (salt & pepper)

**1. AMAZING AROMAS** Place a pan over medium heat. Lightly coat with cooking spray or oil (optional). When hot, fry the cabbage until lightly golden, 2-3 minutes. Add the garlic,  $\frac{3}{4}$  NOMU rub and ginger. Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the passata and 100ml [200ml] of water and simmer until slightly reduced, 6-8 minutes (shifting occasionally).

**2. ADD THE UMAMI** Add the tangy soy sauce and udon noodles. Simmer until the noodles are warmed through, 2-3 minutes. In the final 30-60 seconds, add the spinach and cook until wilted. Remove from the heat and season.

**3. HOOKED ON HAKE** Place a pan over medium heat. Pat the hake dry with paper towel, lightly coat with cooking spray or oil (optional), the remaining NOMU rub, and seasoning. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan.

**4. JUST BEFORE SERVING** In a bowl, toss together the radish, cucumber, and seasoning.

**5. HEAVENLY HAKE DISH** Bowl up the loaded noodles, top with the fish, and scatter over the cucumber and radish. Garnish with the parsley and dig in, Chef!