



UCOOK

Vietnamese Hake & Lemongrass Rice

with pak choi, ginger & fresh coriander


Beautiful hake fillets are steamed on a bed of fresh ginger and garlic, then topped with soy sauce, aromatic herbs & hot oil to release their fragrance. Served with fluffy & flavourful lemongrass-infused rice and pak choi. Is your mouth watering yet?

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Creation Wines | Creation Viognier 2022

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Ingredients & Prep

1	Lemongrass Stick <i>rinsed</i>
20g	Fresh Ginger <i>peeled (optional) & thinly sliced</i>
100ml	Coconut Milk
1	Garlic Clove
4g	Fresh Coriander
1	Fresh Chilli
1	Spring Onion
200g	Pak Choi
100ml	Jasmine Rice
1	Line-caught Hake Fillet
10ml	Sesame Oil
30ml	Low Sodium Soy Sauce

From Your Kitchen

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

1. INFUSION Cut the root end off the lemongrass and peel off the outer tougher leaves. Use a bottle to bruise the lemongrass, then slice in half lengthways. Place in a pot along with ½ the sliced ginger and the coconut milk. Place over medium-high heat and bring to the boil. Remove from the heat and set aside to infuse for 10 minutes.

2. PREP Peel and thinly slice the garlic. Rinse and pick the coriander. Deseed and thinly slice the chilli. Slice the spring onion into thin strips. Cut the strips into thirds. Trim the ends off the pak choi. Separate the trimmed pak choi and rinse well. Slice the pak choi leaves in half lengthways. Slice the stems into bite-sized pieces.

3. RICE Return the infused coconut milk to medium heat. Add the rinsed rice and 100ml of salted water. Pop on the lid and bring to a boil. Reduce the heat and simmer for 10 minutes. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork. Remove and discard the lemongrass and ginger slices.

4. FISH Fill a pot with 2cm water. Roll and scrunch a piece of tinfoil into a long, thick cylinder. Coil the cylinder into a circle. Place the tinfoil circle into the water - the water should not go above the tinfoil. Set aside. Make a bed of the remaining ginger and the sliced garlic on a heat-proof plate (that can fit in the pot). Pat the hake dry with paper towel. Coat in ½ the sesame oil and seasoning. Place the hake on top of the ginger and garlic, skin-side down. Put the plate on top of the tinfoil in the pot and place over medium heat. Bring to a simmer. Cover with the lid and steam for 10-12 minutes until the hake is cooked through.

5. HERBS Place a pan over medium heat with a splash of water and some salt. Add the pak choi stems and sauté for 30 seconds until wilted. Add the pak choi leaves and sauté for 30 seconds. Remove from the pan, drain, and toss through the remaining sesame oil. When the hake is done, carefully remove the plate from the pot. Keeping the fish on the plate, pour over the soy sauce. Top the hake with the sliced spring onion, the picked coriander, and the sliced chilli (to taste). Place a small pan over medium-high heat with 1 tbsp of oil. Heat for 1-2 minutes until hot. When hot, carefully pour the oil over the hake and let the herbs sizzle!

6. YUMMY! Plate up the fragrant lemongrass rice and the pak choi. Side with the steamed fish on its plate. Enjoy!



Chef's Tip

For this recipe, you can also use a large steaming basket or a bamboo steamer. Just pop the entire plate in the steamer and steam away!

Nutritional Information

Per 100g

Energy	427kJ
Energy	113kcal
Protein	5.3g
Carbs	13g
of which sugars	0.7g
Fibre	0.8g
Fat	4.2g
of which saturated	2.2g
Sodium	261mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day