



# UCOOK

## Hake & Thai Papaya Salad

with peanuts, coriander & fresh mint

Oriental spiced hake sits atop a Thai salad of papaya, mixed slaw, spring onion, vermicelli noodles, coriander and mint. All dressed in a marinade of fresh chilli, garlic, coconut sugar and lime juice. Finished off with some toasted peanuts for a bit of crunch.

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People


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**Chef:** Alex Levett

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 Easy Peasy

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 Anthonij Rupert | Cape of Good Hope Altima  
Sauvignon Blanc

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## Ingredients & Prep

200g	Vermicelli Noodles
100ml	Thai Dressing <i>(60ml Lime Juice &amp; 40ml Coconut Sugar)</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
400g	Papaya Chunks <i>cut into bite-sized pieces</i>
1/2 head	Cabbage <i>thinly sliced</i>
240g	Carrot <i>grated</i>
4	Spring Onions <i>finely sliced</i>
10g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
60g	Peanuts
4	Line-caught Hake Fillets
20ml	NOMU Oriental Rub

## From Your Kitchen

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

**1. GLASSY NOODLES** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

**2. MARINATION** In a large bowl, combine the Thai dressing, the grated garlic and the chopped chilli (to taste). Add the papaya pieces, the cabbage, the carrot, the sliced spring onion, ½ the chopped mint and ½ the chopped coriander. Toss until fully combined. Set aside to marinate.

**3. TOAST** Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

**4. FRYING TIME** Pat the hake dry with some paper towel. Coat in the rub and some seasoning. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. Remove from the pan on completion. Toss the cooked noodles through the papaya salad.

**5. PLATE IT FANCY** Dish up the Thai marinated salad and top with the golden hake. Sprinkle over the chopped peanuts and garnish with any remaining chilli, coriander and mint. Well done, Chef!



## Chef's Tip

Don't worry if your papaya is not very soft. This salad is traditionally made with unripe papaya as it holds its shape in the salad and absorbs the dressing.

## Nutritional Information

Per 100g

Energy	486kJ
Energy	116Kcal
Protein	5.9g
Carbs	17g
of which sugars	4.4g
Fibre	1.9g
Fat	2.2g
of which saturated	0.3g
Sodium	81mg

## Allergens

Allium, Sesame, Peanuts, Sulphites, Fish

Cook  
within 1  
Day