



U C O O K

— COOKING MADE EASY

Steamy Thai Green Hake

with fluffy jasmine rice, toasted cashews & fresh basil

Green goodness fit for a goddess! Everyone's favourite curry with a shot of freshness from melt-in-your-mouth hake fillet, cooked in a curry sauce of green beans, ginger, and garlic. Finished with flecks of cashew nuts and fresh basil.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

100ml	Jasmine Rice
15ml	Thai Green Curry Paste
5ml	Vegetable Stock
1	Hake Fillet
15g	Cashew Nuts
1	Fresh Chilli <i>deseeded & finely sliced</i>
10g	Fresh Ginger <i>peeled & grated</i>
100ml	Coconut Cream
100g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
5g	Fresh Basil <i>rinsed & roughly sliced</i>

From Your Kitchen

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

1. PERFECT JASMINE RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MARINATE THE HAKE & PREP THE STOCK Boil the kettle. In a shallow dish, combine one third of the curry paste with 1 tsp of oil and some seasoning. Pat the hake dry with some paper towel and place in the dish. Gently coat in the paste and set aside to marinate until frying. Dilute the stock with 65ml of boiling water and set aside for step 4.

3. CREAMY TOASTED CASHEWS Place a nonstick pan over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. MAKE THE CURRY SAUCE Place a pot over a medium heat with a drizzle of oil. When hot, add in the grated ginger and the sliced chilli and remaining curry paste (both to taste). Fry for 30-60 seconds until fragrant, shifting constantly. Pour in the coconut cream and diluted stock, and stir until the paste has been incorporated into the liquid. Bring to a simmer and allow to cook for 4-5 minutes until slightly thickened, stirring occasionally.

5. WHILE THE SAUCE IS SIMMERING... Return the pan to a medium-high heat with a drizzle of oil. When hot, place the hake in the pan skin-side down, reserving any remaining marinade in the dish. Fry for 2-3 minutes until crispy. Flip and fry for another 2 minutes until golden but not cooked through. Remove from the heat and set aside in the pan. Once the sauce has thickened, add the sliced green beans and cook for 2-3 minutes until al dente, stirring occasionally. Submerge the par-cooked hake in the sauce (along with any remaining marinade to taste) and allow to simmer for 3-4 minutes until cooked through. On completion, season to taste and remove from the heat.

6. THAI GREEN GOODNESS! Plate up some fluffy jasmine rice and cover in spoonfuls of Thai curry sauce. Top with the flakey hake and scatter over the chopped, toasted cashews. Garnish with the sliced basil and any remaining fresh chilli if you'd like. Well done, Chef!



Chef's Tip

Hake is a great source of lean protein, vitamins, and minerals. It's also low in fat and calories, making this versatile fish the perfect protein choice for a healthy, balanced meal!

Nutritional Information

Per 100g

Energy	665kJ
Energy	159Kcal
Protein	7.3g
Carbs	17g
of which sugars	1.5g
Fibre	1.4g
Fat	6.1g
of which saturated	3.8g
Sodium	297mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day