



Asian Hake Parcel

with brown & wild rice

Hands-on Time: 40 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Samantha Manne

Nutritional Info	Per 100g	Per Portion
Energy	335kJ 80kcal	1800kJ 430kcal
Protein	6.4g	34.3g
Carbs	10g	54g
of which sugars	3g	14g
Fibre	2g	9g
Fat	0.9g	4.9g
of which saturated	0.1g	0.4g
Sodium	324.1mg	1739.4mg

Allergens: Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 3 [Serves 4]

2	2	Onions <i>peel & finely slice</i>
120ml	160ml	Sesame-soy Sauce <i>(60ml [80ml] Low Sodium Soy Sauce, 30ml [40ml] Lemon Juice, 7.5ml [10ml] Sesame Oil, 22.5ml [30ml] Coconut Sugar)</i>
300g	400g	Cucumber <i>rinse & cut into thin matchsticks</i>
300g	400g	Spinach <i>rinse</i>
2	2	Garlic Cloves <i>peel & grate</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
150ml	200ml	Brown & Wild Rice <i>rinse</i>
3	4	Line-caught Hake Fillets

From Your Kitchen

Cooking Spray

Seasoning (salt & pepper)

Water

Tinfoil

Paper Towel

1. RICE Preheat the oven to 200°C. Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. HAKE Mix the garlic, ginger and ¼ of the sesame-soy sauce in a small bowl. Pat the hake dry with paper towel. Place the fish on a piece of foil, coat with the sesame mixture, and season. Wrap the foil tightly around the fish. Roast in the oven until the fish is cooked through, 15-20 minutes.

3. CUCUMBER In a bowl, combine the remaining sesame-soy sauce with the cucumber and season.

4. VEGGIES Lightly spray a pan with cooking spray and place over a medium heat. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the spinach and fry until wilted, 3-4 minutes. Remove from the heat and season.

5. DINNER IS READY Dish up the rice, top with the veggies, the fish and all the juices. Top with the cucumber and scatter over the chilli (to taste). Enjoy, Chef.

Chef's Tip Don't overload the parcel, keep it balanced so the fish steams evenly and leave some air space inside for steam to circulate.