



# UCCOOK

## Jamaican Hake Stew

with crisp poppadom & hearty pumpkin

With its fusion of flavour and spices, Jamaican food is known as a comforting cuisine with surprising kicks of heat and refreshing ingredients for balance. This hake stew expertly combines tangy tomato notes and zesty lime juice with fried onion & pumpkin for a unique and memorable eating experience.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person

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**Chef:** Jewell Willemberg

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 Carb Conscious

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 No paired wines

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
10ml	Tomato Paste
20ml	Jamaican Fish Spice <i>(15ml NOMU Spanish Rub &amp; 5ml Dried Chilli Flakes)</i>
100g	Cooked Chopped Tomato
1	Line-caught Hake Fillet <i>patted dry &amp; cut into bite-sized chunks</i>
10ml	Lime Juice
1	Poppadom
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. BROWN THE VEG** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and the pumpkin chunks until browned and starting to soften, 5-6 minutes (shifting occasionally).

**2. SPICY TOMATO SAUCE** Add the tomato paste, the Jamaican Fish Spice, and 1/2 the chilli flakes (to taste) and cook until fragrant, 1-2 minutes (shifting constantly). Stir through the cooked chopped tomato, a sweetener and 200ml of water. Simmer until reduced and thickening, 8-10 minutes.

**3. CRISPY POPPADOMS** While the sauce is reduced, place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

**4. FLAKY HAKE** When the sauce has 5 minutes remaining, submerge the hake pieces into the sauce and simmer for the remaining time until cooked through and flaking. Remove from the heat, season and drizzle over the lime juice.

**5. JAMAICAN ME HUNGRY** Serve up a generous helping of the steaming hake stew and scatter over the chopped parsley and any remaining chilli flakes for an extra kick. Serve a poppadom on the side for scooping. Get eating, Chef!

## Nutritional Information

Per 100g

Energy	239kJ
Energy	57kcal
Protein	4.9g
Carbs	8g
of which sugars	3.3g
Fibre	2g
Fat	0.4g
of which saturated	0g
Sodium	226mg

## Allergens

Allium, Fish

Cook  
within 1  
Day