



UCCOOK

Creamy Sun-dried Tomato & Hake Stew

with spinach & pumpkin seeds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Barnard

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	845kJ	3099kJ
Energy	202kcal	741kcal
Protein	9.8g	36.1g
Carbs	24g	89g
of which sugars	2.7g	9.9g
Fibre	1.8g	6.4g
Fat	6.7g	24.5g
of which saturated	3.1g	11.3g
Sodium	249mg	914mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
10g	20g	Pumpkin Seeds
1	2	Line-caught Hake Fillet/s
1	1	Garlic Clove <i>peel & grate</i>
30g	60g	Sun-dried Tomatoes <i>drain</i>
10ml	20ml	NOMU Spanish Rub
50ml	100ml	Fresh Cream
20g	40g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FISH Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel and season. Fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan season and gently flake. Set aside.

4. SAUCE Return the pan wiped down, if necessary, to medium heat with a drizzle of oil. Fry the garlic, the sun-dried tomatoes, and the NOMU rub until fragrant, 1-2 minutes. Mix in the cream, the hake, and 50ml [100ml] of water. Simmer until the sauce is slightly thickening, 3-4 minutes. In the final 1-2 minutes, add the spinach. Remove from the heat and season.

5. TIME TO EAT Make a bed of the rice, top with the hake, and the sauce. Sprinkle over the seeds and enjoy, Chef!