



UCOOK

Hake & Thai-Curried Butter Beans

**with jasmine rice, red pepper & crispy
onion bits**

This recipe is to Thai for, Chef! On a bed of fluffy jasmine rice rests a generous serving of butter bean curry, which offers expertly intertwined flavours of creamy coconut milk, punchy Thai curry paste, & zingy lemon juice. Topped with golden-fried hake fillets, fresh coriander & crispy onion bits to make this meal extra memorable.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

75ml	Jasmine Rice <i>rinsed</i>
1	Onion <i>½ peeled & roughly sliced</i>
5g	Fresh Ginger <i>peeled & grated</i>
10ml	Thai Red Curry Paste
1	Red Bell Pepper <i>½ rinsed, deseeded & roughly sliced</i>
60g	Butter Beans <i>drained & rinsed</i>
100ml	Coconut Milk
20g	Spinach <i>rinsed</i>
4g	Fresh Coriander <i>rinsed & picked</i>
15ml	Lemon Juice
1	Line-caught Hake Fillet
10ml	Crispy Onion Bits

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot. Submerge in 150ml of salted water, pop on a lid, and place over medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam, with the lid on, for 10 minutes until cooked. Drain if necessary, fluff up with a fork, and cover to keep warm.

2. HURRY WITH THE CURRY Place a deep pan or saucepan over medium heat with a drizzle of oil. When hot, fry the sliced onion for 5-6 minutes until soft and browned, shifting occasionally. Add the grated ginger and the curry paste. Fry for 1-2 minutes until fragrant, shifting constantly. Add the red pepper slices, the drained butter beans, and the coconut milk. Simmer for 1-2 minutes until slightly thickened.

3. IT'S A GO FOR THE GREENS When the sauce has slightly thickened, remove the pan from the heat and stir through the rinsed spinach, ½ the picked coriander, ⅔ of the lemon juice (to taste), a sweetener (to taste), and seasoning. Cover to keep warm.

4. FRY THE FISH Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel and season. When the pan is 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.

5. DIG IN Plate up the fluffy jasmine rice. Top with the Thai butter bean curry and the seared hake. Drizzle over the remaining lemon juice (to taste). Garnish with the remaining coriander and the crispy onion bits. Dig in, Chef!

Nutritional Information

Per 100g

Energy	401kj
Energy	96kcal
Protein	4.7g
Carbs	12g
of which sugars	1.4g
Fibre	1.3g
Fat	2.7g
of which saturated	2g
Sodium	88mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day