



Asian Hake Parcel

with brown & wild rice

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

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 1 [Serves 2]

| | | |
|------|-------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 40ml | 80ml | Sesame-soy Sauce <i>(20ml [40ml] Low Sodium Soy Sauce, 10ml [20ml] Lemon Juice, 2.5ml [5ml] Sesame Oil, 7.5ml [15ml] Coconut Sugar)</i> |
| 100g | 200g | Spinach <i>rinse</i> |
| 1 | 2 | Line-caught Hake Fillet/s |
| 50ml | 100ml | Brown & Wild Rice <i>rinse</i> |
| 1 | 1 | Onion <i>peel & finely slice</i> |
| 100g | 200g | Cucumber <i>rinse & cut into thin matchsticks</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |
| 10g | 20g | Fresh Ginger <i>peel & grate</i> |

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 150ml [300ml] 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, 4-5 minutes (shifting occasionally). Add the spinach and fry until wilted, 2-3 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.