



UCOOK

Savanna's Hake & Dashi Aubergine

with spinach

This dashi-infused soy & mirin broth is so good, you will want to drink it, Chef! (See what we did there?) Served with pan-fried aubergine rounds, a crispy-skinned hake fillet, a side of onion-dotted spinach and a generous serving of Siyavanna charm.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Savanna

Carb Conscious

Savanna | Neat

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Ingredients & Prep

5ml	Dashi Granules
1	Garlic Clove <i>peel & grate</i>
25ml	Soy & Mirin <i>(15ml Low Sodium Soy Sauce & 10ml Mirin)</i>
250g	Aubergine <i>rinse, trim & slice into 1cm thick rounds</i>
1	Line-caught Hake Fillet
1	Onion <i>peel & roughly slice</i>
40g	Spinach <i>rinse</i>

From Your Kitchen

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

1. SAUCE Boil the kettle. Dilute the dashi with 100ml of boiling water. Place a pan over medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Mix in the diluted dashi and the soy & mirin. Simmer until reduced by half, 5-6 minutes. Remove from the pan.

2. AUBERGINE Return the pan, wiped down, to medium-high heat with a generous drizzle of oil. When hot, fry the aubergine rounds until cooked through, 2-3 minutes per side. Remove from the pan.

3. FISH Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel. When hot, 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 and season.

4. VEGGIES Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. When hot, fry the sliced onions until lightly golden, 4-5 minutes. Add the rinsed spinach and fry until wilted, 1-2 minutes. Remove from the heat and season.

5. DINNER IS READY Plate up the aubergine rounds, drizzle over the sauce (to taste), and side with the hake. Serve alongside the spinach. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the aubergine rounds in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	223kj
Energy	53kcal
Protein	5g
Carbs	6g
of which sugars	3.1g
Fibre	1.8g
Fat	0.3g
of which saturated	0g
Sodium	476mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Alcohol, Soy, Shellfish

Eat
Within
1 Day