

# UCOOK

## East Coast Curried Hake Tacos

**with charred corn and black bean salsa, papaya & curried yoghurt**

Tropical and brimming with Durban flavours, these tacos are one of a kind! Sweet, fresh papaya is the perfect accompaniment to the intensely flavoured curried hake. Spring onion, fresh chilli, lime and beautifully charred corn radiate from all directions, it's the perfect dish!

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**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Hannah Duxbury

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 Health Nut

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 No paired wines

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## Ingredients & Prep

180g	Black Beans <i>drained &amp; rinsed</i>
150g	Corn <i>drained</i>
45ml	Spice & All Things Nice Cape Malay Curry Paste
85ml	Double Cream Plain Yoghurt
300g	Papaya Chunks
3	Spring Onions <i>thinly sliced</i>
2	Fresh Chillies <i>deseeded &amp; thinly sliced</i>
12g	Fresh Coriander <i>rinsed &amp; finely chopped</i>
2	Limes <i>zested &amp; cut into wedges</i>
6	Soft Shell Corn Tortillas
3	Line-caught Hake Fillets
120g	Green Leaves <i>rinsed &amp; gently shredded</i>

## From Your Kitchen

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

**1. OFF YOU GO!** Place a large pan over a high heat with a drizzle of oil. When hot, fry the drained black beans and corn for 4-5 minutes until charred and crisped, shifting occasionally. On completion, place in a bowl and set aside to cool.

**2. SPICE SPICE BABY** Wipe down the pan and return it to a medium heat. Add in  $\frac{1}{2}$  of the curry paste and fry for 1-2 minutes until fragrant, shifting continuously. On completion, place in a small bowl. Once cooled slightly, mix in the yoghurt. Loosen with water in 5ml increments until drizzling consistency and set aside for serving.

**3. LET'S SALSA** Once the beans and corn have cooled, add in the papaya, sliced spring onion, and sliced chilli to taste. Toss together with  $\frac{1}{2}$  of the chopped coriander and a generous squeeze of lime juice. Finish off with a dash of olive oil and some seasoning. Set aside for serving.

**4. TASTY TORTILLAS** Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. (If you don't have a microwave, you can skip this step – it helps to get the perfect texture, but isn't essential!) Wipe down the pan and return it to a medium heat. When hot, dry toast the tortillas for 15 seconds per side until warmed through and lightly crisped. You'll need to do this step in batches, stacking the heated ones under a dry tea towel as you go to stop them from getting cold or drying out.

**5. SOMETHING FISHY** Place the remaining curry paste in a large bowl and combine with a good drizzle of oil. Pat the hake dry with paper towel, cut into 2-3cm thick strips, and add to the bowl. Toss until fully coated. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the hake for 3-4 minutes until crispy and golden, turning as it colours. Remove from the pan on completion.

**6. FANTASTACO TACOS!** Lie the tortillas out flat and layer with shredded green leaves, papaya salsa, and flavourful hake slices. Drizzle with the spiced yoghurt and sprinkle over the remaining coriander. Toss together any remaining salsa, lettuce, and fresh chilli to taste, and serve on the side. And don't forget that lime wedge... Great work, Chef!

## Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	6.4g
Carbs	16g
of which sugars	2.7g
Fibre	3g
Fat	2.2g
of which saturated	0.7g
Sodium	193mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish

Cook  
within 1  
Day