



UCOOK

Thai Green Hake Fillet

with basmati rice & pak choi

A curry that's absolutely to thai for, Chef! Hake fillet soaks up an aromatic broth of coconut milk, green curry paste & fish sauce, which is cooked with pak choi & plump peas. Served with fluffy basmati rice and garnished with fresh chilli & herbaceous coriander.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
300g	Pak Choi <i>trim at the base</i>
45ml	Green Curry Paste
300ml	Coconut Cream
15ml	Fish Sauce
3	Line-caught Hake Fillets <i>pat dry with paper towel</i>
150g	Peas
2	Fresh Chillies <i>rinse, deseed & roughly slice</i>
8g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. RICE Place the rinsed rice in a pot with 600ml 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. PAK CHOI Rinse the pak choi and roughly slice the pak choi stems. Slice the leafy parts in half lengthways, keeping them separate from the stems. Place a pot over medium heat with a drizzle of oil. When hot, fry the stems, and the curry paste (to taste) until fragrant, 2-3 minutes.

3. CURRY Add the coconut cream, the fish sauce (to taste), 300ml of water, and the hake to the pot. Simmer until the hake is cooked through and the sauce is slightly thickening, 8-10 minutes (shifting occasionally). In the final 2-3 minutes, add the pak choi leaves and the peas. Remove from the heat and season.

4. DINNER IS READY Bowl up the rice, top with the hake, the veggies, and the sauce. Sprinkle over the sliced chilli (to taste), and garnish with the picked coriander.

Nutritional Information

Per 100g

Energy	566kJ
Energy	135kcal
Protein	7.1g
Carbs	17g
of which sugars	1.4g
Fibre	1.3g
Fat	4g
of which saturated	3.1g
Sodium	253.5mg

Allergens

Allium, Sulphites, Fish, Shellfish

Eat
Within
1 Day