



UCOOK

Shakshuka-style Hake

with poppadoms & fresh coriander

Beautifully poached hake swims in a sea of flavours: a special Shakshuka spice-flavoured tomato sauce, rich with tangy notes, garlic & golden-fried onions. Complemented with crispy poppadoms and finished with fresh coriander. Dive in, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

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

Ingredients & Prep

1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
7,5ml	Tomato Paste
18ml	Shakshuka Spice <i>(10ml NOMU Moroccan Rub, 7ml Ground Paprika & 1ml Dried Chilli Flakes)</i>
100ml	Tomato Passata
1	Line-caught Hake Fillet <i>pat dry with paper towel & cut into bite-sized pieces</i>
60g	Cannellini Beans <i>drain & rinse</i>
2	Poppadoms
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SHAKSHUKA SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the tomato paste, and the Shakshuka spice. Fry until fragrant, 2-3 minutes (shifting occasionally). Mix in the tomato passata and 150ml of water. Simmer until reduced and thickened, 12-15 minutes. Add a sweetener and seasoning.

2. POACHING AWAY Once the sauce is simmering, submerge the hake pieces in the sauce. Pop on the lid and leave to poach until cooked through, 4-5 minutes. When the fish is cooked, add the drained cannellini beans. Mix until warmed through, 1-2 minutes.

3. POPPADOMS Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

4. IT'S READY Dish up a generous helping of the hake shakshuka. Garnish with the chopped coriander. Serve the crispy poppadoms on the side for dunking. Well done, Chef!



Chef's Tip

Heat the poppadoms in the microwave until crispy, 20-30 seconds.

Nutritional Information

Per 100g

Energy	322kJ
Energy	77kcal
Protein	7.3g
Carbs	10g
of which sugars	2.8g
Fibre	2.4g
Fat	0.7g
of which saturated	0.1g
Sodium	313mg

Allergens

Allium, Fish

Cook
within 1
Day