



# UCOOK

## Sijnn's Yellow Curry Hake

with roasted butternut, a side salad & a lime dressing

Say hello to spicy, creamy, zingy and simply sensational food! Crispy-skinned hake is covered with a spicy yellow curry sauce, which weaves together creamy coconut milk and yellow curry paste for a kick. This is sided with roasted butternut & a refreshing salad.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Rhea Hsu

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 Fan Faves

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

500g	Butternut <i>peeled (optional), de-seeded &amp; cut into half-moons</i>
40g	Green Leaves
1	Lime
100g	Cucumber
20g	Fresh Ginger
20g	Almonds
30ml	Yellow Curry Paste
200ml	Coconut Milk
2	Line-caught Hake Fillets

## From Your Kitchen

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

**1. BEGIN WITH BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. PREP STEP** Rinse the green leaves. Cut the lime into wedges. Cut the cucumber into half-moons. Peel and grate the ginger. Roughly chop the almonds. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. HURRY WITH THE CURRY** Place a saucepan over medium heat with a drizzle of oil. When hot, fry the curry paste (to taste) and the grated ginger until fragrant, 2-3 minutes (shifting constantly). Add the coconut milk and simmer until thickened, 2-3 minutes (stirring occasionally). Add a squeeze of lime juice (to taste) and a sweetener. Cover and set aside. Reheat just before serving.

**4. HERE'S TO HAKE** Return the pan to a medium heat with a drizzle of oil. 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.

**5. SIMPLE SALAD** In a salad bowl, combine a squeeze of lime juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the green leaves, the cucumber half-moons, and the toasted almonds.

**6. SATISFY YOUR TASTE BUDS** Plate up the seared hake and spoon over the yellow curry sauce. Side with the roasted butternut and the tangy lime-dressed salad. Serve with any remaining lime wedges. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until golden, 15-20 minutes.

## Nutritional Information

Per 100g

Energy	348kj
Energy	83kcal
Protein	4.4g
Carbs	7g
of which sugars	1.5g
Fibre	1.4g
Fat	3.6g
of which saturated	2.2g
Sodium	132mg

## Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook  
within 1  
Day