



UCOOK

Asian Hake Stir-fry

with black sesame seeds, shredded cabbage & carrot

If the definition of a quick, delicious dinner had to be described with a picture, a visual of this dish would be it, Chef! Hake fillet cubes are lightly charred in butter, then coated with an umami-fied Asian sauce, together with a cabbage & carrot medley, al dente egg noodles, and toasted black sesame seeds.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Strandveld | Adamastor White Blend

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Ingredients & Prep

3	Line-caught Hake Fillets
3 cakes	Egg Noodles
225g	Shredded Cabbage & Julienne Carrot
3 units	UCOOK Asian Sauce
15ml	Black Sesame Seeds
8g	Fresh Coriander
	<i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SOME PREP Pat the hake dry with paper towel and roughly cut into cubes.

2. NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

3. STIR-FRY Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the fish pieces until lightly charred, 2-3 minutes (shifting occasionally). Add the shredded cabbage & carrot, the cooked noodles, the Asian sauce, and a splash of water. Fry until the cabbage has slightly wilted and the fish is cooked through, 2-3 minutes.

4. DINNER Make a bed of the loaded stir-fry and sprinkle over the sesame seeds and the chopped coriander. Enjoy, Chef!



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	642kJ
Energy	154kcal
Protein	10g
Carbs	19g
of which sugars	3.1g
Fibre	0.9g
Fat	3.6g
of which saturated	0.7g
Sodium	306.5mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Fish, Soy, Cow's Milk, Shellfish

Eat
Within
1 Day