



UCCOOK

Napoletana Spinach, Hake & Rice

with fresh chives & artichokes

Hands-on Time: 35 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	389.8kJ	2029.5kJ
Energy	93.2kcal	485.2kcal
Protein	6.2g	32.2g
Carbs	14.1g	73.2g
of which sugars	2.1g	10.7g
Fibre	1.5g	7.7g
Fat	0.5g	2.6g
of which saturated	0g	0g
Sodium	253.6mg	1320.2mg

Allergens: Sulphites, Fish, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]

225ml	300ml	Jasmine Rice <i>rinse</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	NOMU Spanish Rub
300ml	400ml	Tomato Passata
225g	300g	Spinach <i>rinse</i>
60g	80g	Artichoke Quarters <i>drain & roughly chop</i>
3	4	Line-caught Hake Fillets
45ml	60ml	Lemon Juice
8g	10g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

1. READY THE RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SUPERB TOMATO SAUCE Place a pan over medium heat. When hot, add the onion and lightly coat in cooking spray. Fry until golden and softening, 8-10 minutes (shifting occasionally). Add the garlic and NOMU rub and fry until fragrant, 2-3 minutes. Mix in the tomato passata and 150ml [200ml] of water. Simmer until thickened, 8-10 minutes.

3. OKE-DOKE ARTICHOKE When the sauce has 5 minutes remaining, mix through the spinach and artichokes until the spinach is wilted. Season and cover before removing from the heat.

4. HEAVENLY HAKE Place a clean pan over medium heat. Pat the hake dry with paper towel and lightly coat with cooking spray. When hot, fry the hake, skin-side down, until crispy, 3-4 minutes. Flip and fry until cooked through, 2-3 minutes. Remove from the heat and season.

5. SAVOUR THE FLAVOUR Plate up the rice. Top with the hake smothered in the flavourful sauce. Drizzle over the lemon juice and garnish with the chives. Great work, Chef!