



UCCOOK

Masala Fried Spicy Hake

with yellow rice & salsa

Discover what it truly means to 'awaken your palate' by diving into this aromatic dish. A masala paste makes hake fillet come alive with notes of garam masala & garlic. A cucumber & tomato salsa cools down the palate and turmeric-infused rice satisfies with its welcome savouriness. Finished with a mayo drizzle.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Suné van Zyl

Quick & Easy

Groote Post Winery | Groote Post Chenin Blanc 2022

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
5ml	Ground Turmeric
20ml	Masala Spice <i>(5ml NOMU Garam Masala Rub, 5ml NOMU Indian Rub, 5ml Garlic Powder & 5ml Dried Chilli Flakes)</i>
1	Lemon <i>rinse & cut into wedges</i>
1	Line-caught Hake Fillet
1	Tomato <i>rinse & roughly dice</i>
1	Spring Onion <i>rinse & roughly slice</i>
50g	Cucumber <i>rinse & roughly dice</i>
50ml	Mayo

From Your Kitchen

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

1. RICE Place the rinsed rice and the ground turmeric in a pot with 200ml 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. FISH In a small bowl, combine the masala spice with a squeeze of lemon juice until it forms a paste. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). 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. In the final 1-2 minutes, baste with the masala paste, and a knob of butter. Remove from the pan and season.

3. SALSA In a bowl, combine the diced tomatoes, the sliced spring onion, the diced cucumber, and a drizzle of olive oil. Season and set aside. Loosen the mayo with a squeeze of lemon juice (to taste) and add water in 5ml increments until drizzling consistency.

4. DINNER IS READY Plate up the rice, top with the spiced hake, and scatter over the salsa. Drizzle over the mayo and garnish with any remaining lemon wedges. Well done, Chef!



Chef's Tip

Air fryer method: Pat the hake dry with paper towel. Coat in oil, the masala paste, and season. Air fry, skin-side up, at 200°C until cooked through and crispy, 8-12 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	494kj
Energy	118kcal
Protein	5.1g
Carbs	16g
of which sugars	2.2g
Fibre	1.8g
Fat	4.2g
of which saturated	0.3g
Sodium	76mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day