

## **UCOOK**

## Shakshuka-style Hake

with poppadoms & fresh coriander

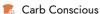
Beautifully poached hake swims in a sea of flavours: a special Shakshuka spice-flavoured tomato sauce, rich with tangy notes, garlic & golden-fried onions. Complemented with crispy poppadoms and finished with fresh coriander. Dive in, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

**Serves:** 2 People

Chef: Rhea Hsu



Muratie Wine Estate | Muratie Alberta

Annemarie Merlot 2019

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1 Onion peel & finely dice  1 Garlic Clove peel & grate  15ml Tomato Paste  36ml Shakshuka Spice (20ml NOMU Moroccan Rub, 14ml Ground Paprika & 2ml Dried Chilli Flakes)  200ml Tomato Passata  2 Line-caught Hake Fillets pat dry with paper towel & cut into bite-sized pieces  120g Cannellini Beans drain & rinse  4 Poppadoms  5g Fresh Coriander rinse, pick & roughly chop  From Your Kitchen  Oil (cooking, olive or coconut) Salt & Pepper	Ingredients & Prep	
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rinse, pick & roughly chop  From Your Kitchen  Oil (cooking, olive or coconut)	4	Poppadoms
Oil (cooking, olive or coconut)	5g	
,	From Your Kitchen	
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 300ml 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!



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

## Nutritional Information

Per 100g

Energy 322k| 77kcal Energy Protein 7.3g Carbs 10g of which sugars 2.8g Fibre 2.4g Fat 0.7g

## **Allergens**

Sodium

of which saturated

Allium, Fish

Cook within 1 Day

0.1g

313mg