



UCCOOK

Asian Hake Parcel

with brown & wild rice

Hands-on Time: 35 minutes

Overall Time: 55 minutes

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

Chef: Samantha Manne

Nutritional Info

	Per 100g	Per Portion
Energy	316kJ	1949kJ
Energy	76kcal	466kcal
Protein	5.7g	35.1g
Carbs	10g	61g
of which sugars	3g	17g
Fibre	2g	11g
Fat	0.8g	5g
of which saturated	0.1g	0.4g
Sodium	284.1mg	1752.1mg

Allergens: Soya, Gluten, Allium, Sesame, Wheat, Fish

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Brown & Wild Rice <i>rinse</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
15g	20g	Fresh Coriander <i>rinse, pick & finely chop</i>
120ml	160ml	Sesame-soy Sauce <i>(60ml [80ml] Low Sodium Soy Sauce, 30ml [40ml] Lemon Juice, 7.5ml [10ml] Sesame Oil, 22.5ml [30ml] Coconut Sugar)</i>
3	4	Line-caught Hake Fillets
300g	400g	Cucumber <i>rinse & cut into thin matchsticks</i>
2	2	Onions <i>peel & finely slice</i>
300g	400g	Spinach <i>rinse</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Tinfoil
Paper Towel

1. **RICE** Preheat the oven to 200°C. 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, 25-30 minutes. Drain (if necessary) and cover.

2. **HAKE** Mix the garlic, ginger, $\frac{3}{4}$ of the coriander, and $\frac{3}{4}$ of the sesame-soy sauce in a small bowl. Pat the hake dry with paper towel. Place the fish on a piece of foil, coat with the sesame mixture, and season. Wrap the foil tightly around the fish. Roast in the oven until the fish is cooked through, 15-20 minutes.

3. **CUCUMBER** In a bowl, combine the remaining sesame-soy sauce with the cucumber and season.

4. **VEGGIES** Lightly spray the pan with cooking spray and place over a medium heat. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the spinach and fry until wilted, 3-4 minutes. Remove from the heat and season.

5. **DINNER IS READY** Dish up the rice, top with the veggies, the fish and all the juices. Top with the cucumber and scatter over the chilli (to taste). Garnish with the remaining coriander and enjoy, Chef.

Chef's Tip Don't overload the parcel, keep it balanced so the fish steams evenly and leave some air space inside for steam to circulate.