

UCCOOK

Hake & Ginger Noodles

with radish & udon noodles

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	285kJ	1778kJ
Energy	68kcal	426kcal
Protein	5.4g	34g
Carbs	10g	60g
of which sugars	3g	20g
Fibre	1g	7g
Fat	0.4g	2.2g
of which saturated	0g	0.1g
Sodium	161mg	1007mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Line-caught Hake Fillets
300g	400g	Cabbage <i>rinse & finely shred</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Oriental Express
30g	40g	Fresh Ginger <i>peel & grate</i>
150ml	200ml	Tomato Passata
90ml	120ml	Tangy Soy Sauce <i>(30ml [40ml] Lemon Juice, 30ml [40ml] Low Sodium Soy Sauce & 30ml [40ml] Honey)</i>
300g	400g	Udon Noodles
120g	160g	Baby Spinach <i>rinse</i>
60g	80g	Radish <i>rinse & finely dice</i>
300g	400g	Cucumber <i>rinse & finely dice</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Water
Paper Towel
Seasoning (salt & pepper)

1. AMAZING AROMAS Place a pan over medium heat. Lightly coat with cooking spray or oil (optional). When hot, fry the cabbage until lightly golden, 3-4 minutes. Add the garlic, $\frac{3}{4}$ NOMU rub and ginger. Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the passata and 300ml [400ml] of water and simmer until slightly reduced, 10-12 minutes (shifting occasionally).

2. ADD THE UMAMI Add the tangy soy sauce and udon noodles. Simmer until the noodles are warmed through, 2-3 minutes. In the final 30-60 seconds, add the spinach and cook until wilted. Remove from the heat and season.

3. HOOKED ON HAKE Place a pan over medium heat. Pat the hake dry with paper towel, lightly coat with cooking spray or oil (optional), the remaining NOMU rub, and seasoning. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan.

4. JUST BEFORE SERVING In a bowl, toss together the radish, cucumber, and seasoning.

5. HEAVENLY HAKE DISH Bowl up the loaded noodles, top with the fish, and scatter over the cucumber and radish. Garnish with the parsley and dig in, Chef!