



UCOOK

Hake Puttanesca

with savoury basmati rice & fresh oregano

On a bed of onion-layered basmati rice comes crispy-skin hake. This is taken up quite a few levels on the taste 'o metre with a rich puttanesca sauce, featuring tangy tomato passata, NOMU Italian Rub, fresh oregano, white wine, capers, and olives. Enjoy your delish fish, Chef!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Azola Poswa

 Fan Faves

 Paserene | Rosie Rosé

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
75ml	White Basmati Rice <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Italian Rub
10ml	Tomato Paste
20ml	White Wine
100ml	Tomato Passata
10g	Capers <i>drained</i>
25g	Pitted Kalamata Olives <i>drained & halved</i>
3g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
1	Line-caught Hake Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. READY THE RICE Place a pot for the rice over medium-high heat with a drizzle of oil. When hot, fry ½ the diced onion until golden, 4-5 minutes (shifting occasionally). Add the rinsed rice and 150ml of salted water. Cover 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. PERFECT PUTTANESCA Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the remaining onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and simmer until almost all evaporated, 30-60 seconds.

3. ALMOST TIME TO WINE & DINE When the wine is almost all evaporated, add the tomato passata, 100ml of water, the drained capers, and the halved olives. Lower the heat and simmer until slightly reduced, 8-10 minutes. Stir through ½ the chopped oregano, a sweetener, and seasoning.

4. CRISPY-SKIN HAKE Place a clean 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. Remove from the pan and season.

5. DIVE INTO DINNER! Dish up the fluffy rice and the golden hake. Drizzle over the puttanesca sauce and garnish with the remaining oregano.

Nutritional Information

Per 100g

Energy	427kJ
Energy	102kcal
Protein	6.5g
Carbs	16g
of which sugars	2.4g
Fibre	1.8g
Fat	1g
of which saturated	0.1g
Sodium	244mg

Allergens

Allium, Sulphites, Alcohol

Cook
within 1
Day