

Eat Within 1 Day

Hake & Ginger Noodles

with spinach & udon noodles

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	291kJ	1805kJ
Energy	70kcal	432kcal
Protein	5.5g	34.2g
Carbs	10g	60g
of which sugars	3g	20g
Fibre	1g	8g
Fat	0.3g	2.1g
of which saturated	0g	0.1g
Sodium	228mg	1414mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cabbage *rinse & finely shred*
1	1	Garlic Clove *peel & grate*
10ml	20ml	NOMU Oriental Express
15g	30g	Fresh Ginger *peel & grate*
50ml	100ml	Tomato Passata
30ml	60ml	Tangy Soy Sauce *(10ml [20ml] Lemon Juice, 10ml [20ml] Low Sodium Soy Sauce & 10ml [20ml] Honey)*
100g	200g	Udon Noodles
50g	100g	Spinach *rinse*
1	2	Line-caught Hake Fillet/s
100g	200g	Cucumber *rinse & finely dice*
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

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, 2-3 minutes. Add the garlic, ¾ NOMU rub and ginger. Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the passata and 100ml [200ml] of water and simmer until slightly reduced, 6-8 minutes (shifting occasionally).

2. ADD THE UMAMI Add the tangy soy sauce, udon noodles, and spinach. Simmer until the noodles are warmed through, 2-3 minutes. Remove from the heat and season.

3. HOOKED ON HAKE Place a pan over medium heat. Pat the fish 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. HEAVENLY HAKE DISH Bowl up the loaded noodles, top with the fish, and scatter over the cucumber. Garnish with the parsley and dig in, Chef!