



# UCCOOK

## Masala Fried Spicy Hake

with yellow rice & salsa

Discover what it truly means to 'awaken your palate' by diving into this aromatic dish. A masala paste makes hake fillet come alive with notes of garam masala & garlic. A cucumber & tomato salsa cools down the palate and turmeric-infused rice satisfies with its welcome savouriness. Finished with a mayo drizzle.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Quick & Easy

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## Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
15ml	Ground Turmeric
60ml	Masala Spice <i>(15ml NOMU Garam Masala Rub, 15ml NOMU Indian Rub, 15ml Garlic Powder &amp; 15ml Dried Chilli Flakes)</i>
2	Lemons <i>rinse &amp; cut into wedges</i>
3	Line-caught Hake Fillets
3	Tomatoes <i>rinse &amp; roughly dice</i>
2	Spring Onions <i>rinse &amp; roughly slice</i>
150g	Cucumber <i>rinse &amp; roughly dice</i>
150ml	Mayo

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. RICE** Place the rinsed rice and the ground turmeric in a pot with 600ml of salted water. Cover with a lid 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. FISH** In a small bowl, combine the masala spice with a squeeze of lemon juice until it forms a paste. Place a 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. In the final 1-2 minutes, baste with the masala paste, and a knob of butter. Remove from the pan and season.

**3. SALSA** In a bowl, combine the diced tomatoes, the sliced spring onion, the diced cucumber, and a drizzle of olive oil. Season and set aside. Loosen the mayo with a squeeze of lemon juice (to taste) and add water in 5ml increments until drizzling consistency.

**4. DINNER IS READY** Plate up the rice, top with the spiced hake, and scatter over the salsa. Drizzle over the mayo and garnish with any remaining lemon wedges. Well done, Chef!



## Chef's Tip

Air fryer method: Pat the hake dry with paper towel. Coat in oil, the masala paste, and season. Air fry, skin-side up, at 200°C until cooked through and crispy, 8-12 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	494kj
Energy	118kcal
Protein	5.1g
Carbs	16g
of which sugars	2.2g
Fibre	1.8g
Fat	4.2g
of which saturated	0.3g
Sodium	76mg

## Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat  
Within  
1 Day