



UCOOK

Sijnn's Yellow Curry Hake

with roasted butternut, a side salad & a lime dressing

Say hello to spicy, creamy, zingy and simply sensational food! Crispy-skinned hake is covered with a spicy yellow curry sauce, which weaves together creamy coconut milk and yellow curry paste for a kick. This is sided with roasted butternut & a refreshing salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Sijnn Wines | Sijnn White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Butternut <i>peeled (optional), de-seeded & cut into half-moons</i>
20g	Green Leaves
1	Lime
50g	Cucumber
10g	Fresh Ginger
10g	Almonds
15ml	Yellow Curry Paste
100ml	Coconut Milk
1	Line-caught Hake Fillet

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PREP STEP Rinse the green leaves. Cut the lime into wedges. Cut the cucumber into half-moons. Peel and grate the ginger. Roughly chop the almonds. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. HURRY WITH THE CURRY Place a saucepan over medium heat with a drizzle of oil. When hot, fry the curry paste (to taste) and the grated ginger until fragrant, 2-3 minutes (shifting constantly). Add the coconut milk and simmer until thickened, 2-3 minutes (stirring occasionally). Add a squeeze of lime juice (to taste) and a sweetener. Cover and set aside. Reheat just before serving.

4. HERE'S TO HAKE Return the pan to a medium heat with a drizzle of oil. 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.

5. SIMPLE SALAD In a salad bowl, combine a squeeze of lime juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the green leaves, the cucumber half-moons, and the toasted almonds.

6. SATISFY YOUR TASTE BUDS Plate up the seared hake and spoon over the yellow curry sauce. Side with the roasted butternut and the tangy lime-dressed salad. Serve with any remaining lime wedges. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until golden, 15-20 minutes.

Nutritional Information

Per 100g

Energy	348kj
Energy	83kcal
Protein	4.4g
Carbs	7g
of which sugars	1.5g
Fibre	1.4g
Fat	3.6g
of which saturated	2.2g
Sodium	132mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day