



UCCOOK

Spicy Crumbed Hake

with Indian-inspired rice & fresh parsley

Crumbed hake fillet is sided with Indian-inspired rice loaded with onions, cashew nuts, and fresh parsley. Zingy tomato & onion salsa, in addition to a creamy coriander yoghurt, complete this amazingly tasty dish.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
1	Red Onion <i>½ peeled & roughly diced</i>
7,5ml	NOMU Garam Masala Rub
50g	Peas
57,5ml	Spicy Crumb <i>(50ml Panko Breadcrumbs, 5ml Smoked Paprika & 2,5ml Dried Chilli Flakes)</i>
1	Line-caught Hake Fillet
30ml	Low Fat Plain Yoghurt
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
15g	Cashew Nuts <i>roughly chopped</i>
1	Tomato <i>roughly diced</i>

From Your Kitchen

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

1. FRAGRANT RICE Preheat the oven to 200°C. Place a pot, large enough for the rice, over a medium heat with a drizzle of oil. When hot, add ½ the diced onion and the rub. Fry for 3-4 minutes until the onions are starting to soften, shifting occasionally. Add the rice and mix until fully combined. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove the pot from the heat, add the peas, and steam for 10 minutes. On completion, drain if necessary and fluff up the rice with a fork.

2. SPICY CRUMBED HAKE Heat 40g of butter in the microwave or in a pot over the stove until completely melted. Remove from the microwave or stove, and mix in the spicy crumb, a small drizzle of oil, and seasoning. Pat the hake dry with paper towel and place skin-side down on a lightly oiled baking tray. Coat the flesh side with the crumb mixture. Pop in the hot oven and bake for 10 minutes until the hake is cooked through and the crumb is crispy.

3. FINAL TOUCHES In a bowl, combine the yoghurt, seasoning, and ½ the chopped parsley. To the pot with the cooked rice, add the remaining chopped parsley, ½ the chopped cashew nuts, and seasoning. Mix until fully combined. In a separate bowl, combine the diced tomato, the remaining diced onion, a drizzle of oil, and seasoning.

4. A SPICE SENSATION! Plate the crispy spiced hake alongside a generous helping of the rice. Side with the tomato and onion salsa and the creamy yoghurt for dunking. Garnish with the remaining cashew nuts. Stunning, Chef!



Chef's Tip

If the taste of raw onions are too strong for you, soak them in water for a few minutes before tossing them with the tomatoes. Soaking reduces the strong onion flavour, and leaves a much milder taste.

Nutritional Information

Per 100g

Energy	529kj
Energy	126kcal
Protein	7.4g
Carbs	19g
of which sugars	2.1g
Fibre	2.2g
Fat	2.1g
of which saturated	0.4g
Sodium	47mg

Allergens

Gluten, Dairy, Allium, Wheat, Fish, Tree Nuts

Cook
within 1
Day