



UCCOOK

Painted Wolf's Teriyaki Hake

with a fresh mango salsa

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Painted Wolf Wines

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	488kJ	2194kJ
Energy	117kcal	524kcal
Protein	6.9g	31.1g
Carbs	18.1g	81.3g
of which sugars	4.9g	22.2g
Fibre	1g	4.5g
Fat	1.4g	6.3g
of which saturated	0.1g	0.7g
Sodium	375.9mg	1690.7mg

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

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
5ml	10ml	White Sesame Seeds
80g	160g	Fresh Mango Chunks <i>finely dice</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
50g	100g	Cucumber <i>rinse & finely dice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
15ml	30ml	Lime Juice
1	2	Line-caught Hake Fillet/s
10g	20g	Fresh Ginger <i>peel & grate</i>
30ml	60ml	Teriyaki-Sesame Mix <i>(2,5ml [10ml] Sesame Oil & 27,5ml [55ml] Teriyaki Sauce)</i>
5ml	10ml	Honey

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter (optional)
Paper Towel

1. RICE Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SALSA In a bowl, combine the mango, spring onion greens, cucumber and ½ the chilli (to taste). Add a generous drizzle of olive oil and the lime juice (to taste). Set aside.

4. FISH 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 almost cooked through, 2-3 minutes. Remove from the pan and season. Return the pan to medium heat and fry the spring onion whites and the ginger until fragrant, 1-2 minutes. Add the teriyaki-sesame mix, the honey and 50ml [100ml] of water. Allow the sauce to gently simmer for 2-3 minutes. Remove the pan from the heat and add back the fish, placing the lid on the pan. Allow the fish to stand in the sauce for 2-3 minutes to cook fully.

5. TUCK IN! Plate up the rice, topped with the flaky fish and the teriyaki sauce. Top the fish with the sesame seeds and remaining chilli (to taste). Side with the mango salsa. Dig in, Chef!