



UCOOK

Napoletana Hake & Rice

with fresh dill & an artichoke salad

Americans use the term 'marinara' sauce. Italians would say 'Napoletana' sauce. At UCOOK, we call it a delicious sauce! This rich and tangy tomato sauce, with notes of garlic, basil & red pepper, is spooned over a golden hake fillet. Served with fluffy basmati rice and an artichoke & piquanté peppers salad, tossed in a special sweet vinaigrette.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Strandveld | Grenache

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

Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
30g	Artichoke Quarters <i>drain & roughly chop</i>
3g	Fresh Dill <i>rinse & finely chop</i>
20g	Piquanté Peppers <i>drain</i>
22,5ml	Sweet Vinaigrette <i>(15ml Lemon Juice & 7,5ml Honey)</i>
5ml	NOMU Spanish Rub
1 unit	UCOOK Napoletana Sauce
1	Line-caught Hake Fillet

From Your Kitchen

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

1. SURP-RICE! Place the rinsed rice in a pot with 150ml 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. MASTER OF MULTI-TASKING While the rice is cooking, prep the salad leaves, the artichokes, the dill, and the peppers as specified in the ingredients table. In a salad bowl, toss together the shredded salad leaves, the chopped artichokes, ½ the chopped dill, the drained peppers, the sweet vinaigrette, a drizzle of olive oil, and seasoning. Set aside.

3. NICE NAPOLETANA Place a pan over medium heat with a drizzle of oil. When hot, fry the NOMU rub until fragrant, 30-60 seconds. Add the Napoletana sauce and simmer until heated through, 3-4 minutes. Loosen with a splash of water if it's too thick. Remove from the heat and season.

4. LET'S SEA TO THE FISH Place a pan over medium-high heat with a drizzle of oil. Pat the hake dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

5. SO QUICK, CHEF! Plate up the rice. Top with the hake smothered in the thick sauce. Side with the artichoke salad. Garnish with the remaining dill. Great work, Chef!

Nutritional Information

Per 100g

Energy	564kj
Energy	135kcal
Protein	7.7g
Carbs	20g
of which sugars	4.6g
Fibre	1.3g
Fat	2.3g
of which saturated	0.5g
Sodium	246mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
withinn
1 Day