



UCOOK

Golden Hake & Orzo

with sun-dried tomato & olives


An easy yet fabulously flavourful dish: perfectly grilled hake is placed on a bed of orzo cooked in white wine & chicken stock, sun-dried tomatoes, and salty olives. Finished off with fresh parsley & a squeeze of lemon juice for added zing!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Rhea Hsu

 Fan Faves

 Vergelegen | Premium Chardonnay

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

Ingredients & Prep

4	Line-caught Hake Fillets
2	Onions <i>peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
400ml	Orzo Pasta
125ml	White Wine
100g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20ml	Chicken Stock
80g	Pitted Kalamata Olives <i>drained & halved</i>
2	Lemons <i>zested & cut into wedges</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. CRISPY SKIN Boil the kettle. Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel and season. When the pan is hot, fry the hake, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for 3-4 minutes until cooked through. Remove from the pan and set aside.

2. ONE-PAN ORZO Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 6-8 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Add the orzo and mix until coated. Add the wine, the chopped sun-dried tomatoes, the chicken stock, and 1,2L boiling water. Mix until combined and bring to the boil. Cook for 8-12 minutes until the orzo is cooked al dente.

3. FINISHING TOUCHES When the orzo has 1-2 minutes remaining, add the halved olives, the lemon zest (to taste), and ½ the chopped parsley. Top the orzo with the hake, skin-side up. Season with a squeeze of lemon juice (to taste), a sweetener of choice, salt, and pepper.

4. PLATE UP Plate up the orzo topped with the hake and garnish with the remaining parsley. Serve with any remaining lemon wedges. Dive in, Chef!

Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	7.9g
Carbs	22g
of which sugars	3.3g
Fibre	1.9g
Fat	2.1g
of which saturated	0.2g
Sodium	201mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Alcohol

Cook
within 1
Day