

UCCOOK

Napoletana Hake & Rice

with fresh dill & an artichoke salad

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitrda | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	505kJ	2308kJ
Energy	121kcal	552kcal
Protein	7g	31.9g
Carbs	19g	87g
of which sugars	1.7g	7.9g
Fibre	1.5g	6.8g
Fat	1.1g	5g
of which saturated	0.1g	0.3g
Sodium	244mg	1116mg

Allergens: Sulphites, Fish, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
2	2	Spring Onions <i>rinse & roughly slice</i>
3	4	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Spanish Rub
300ml	400ml	Tomato Passata
3	4	Line-caught Hake Fillets
45ml	60ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Artichoke Quarters <i>drain & roughly chop</i>
60g	80g	Pitted Kalamata Olives <i>drain & roughly slice</i>
8g	10g	Fresh Dill <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter (optional)

Paper Towel

1. RICE Place the rice in a pot with 600ml [800ml] 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. SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion, garlic, and NOMU rub until fragrant, 3-4 minutes. Mix in the tomato passata, sweetener (to taste), and 150ml [200ml] of water. Simmer until thickened, 8-10 minutes. Remove from the heat and season.

3. FISH & SALAD PREP 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 cooked through, 3-4 minutes. Remove from the pan and season. In a salad bowl, mix the lemon juice and a drizzle of olive oil. Mix in the salad leaves, artichoke, olives, and ½ of the dill.

4. DINNER IS READY 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!