UCOOK

Blackened Hake Burrito Bowl

with creamy coriander slaw & homemade spiced tortilla chips

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	366kJ	2047kJ
Energy	88kcal	490kcal
Protein	6.1g	34.2g
Carbs	9g	51g
of which sugars	2g	11.2g
Fibre	1.7g	9.2g
Fat	2.3g	12.7g
of which saturated	1g	5.7g
Sodium	154mg	858mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30g	60g	Corn
1	1	Tomato *rinse & roughly dice ½ [1]*
1	1	Spring Onion *rinse, trim & finely slice*
10ml	20ml	Lime Juice
100g	100g	Cabbage *rinse & thinly slice ½ [all]*
60ml	120ml	Crema Blend *(30ml [30ml] Sour Cream & 30ml [30ml] Low Fat Plain Yoghurt)*
3g	5g	Fresh Coriander *rinse, pick & finely chop*
1	2	Wheat Flour Tortilla/s
15ml	30ml	Spice Blend *(5ml [10ml] NOMU Cajun Rub, 2.5ml [5ml] Dried Oregano, 5ml [10ml] Smoked Paprika & 2.5ml [5ml] Garlic Powder)*
1	1	Line-caught Hake Fillet/s

From Your Kitchen

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

1. SWEET ON SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CREAMY CABBAGE In a bowl, combine the tomato, spring onion, charred corn, and lime juice. Season and mix until everything is well combined. Set aside in the fridge. In a separate bowl, mix the cabbage with the crema blend, coriander, sweetener (to taste), and mix until the cabbage is well coated. Season and set aside in the fridge.

3. SPICED TORTILLA TRIANGLES Cut the tortilla into 6 [12] triangles. Place a pan over high heat, with enough oil to cover the base. When hot, add the triangles and fry until crispy and golden, 30-60 seconds per side. You may need to do this step in batches. Drain on paper towel and sprinkle with some of the spice blend (to taste).

4. BUTTER-BASTED HAKE Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the hake dry with paper towel, rub with the remaining spice blend (to taste) and season. 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.

5. A TASTE TRIUMPH Bowl up the hake. Place the creamy cabbage slaw, charred corn salsa, and spiced tortilla chips alongside, poké bowl style. Good job, Chef!

Chef's Tip Massage the cabbage lightly with a pinch of salt before adding the dressing. It helps soften the cabbage enough to make it more tender while keeping the satisfying crunch.