



# UCCOOK

## Soy-sesame Hake Noodles

with pak choi

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Groote Post Winery | Groote Post-  
Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 447kJ    | 1729kJ      |
| Energy             | 107kcal  | 414kcal     |
| Protein            | 8.4g     | 32.4g       |
| Carbs              | 13g      | 49g         |
| of which sugars    | 0.6g     | 2.1g        |
| Fibre              | 0.8g     | 3.2g        |
| Fat                | 2.7g     | 10.5g       |
| of which saturated | 0.6g     | 2.5g        |
| Sodium             | 336.7mg  | 1302mg      |

**Allergens:** Gluten, Allium, Sesame, Wheat, Sulphites,  
Fish, Soy

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                    |
|----------|------------|--------------------------------------------------------------------------------------------------------------------|
| 50g      | 100g       | Vermicelli Rice Noodles                                                                                            |
| 1        | 2          | Line-caught Hake Fillet/s                                                                                          |
| 100g     | 200g       | Pak Choi<br><i>trim at the base, separate leaves &amp; rinse thoroughly</i>                                        |
| 1        | 2          | Garlic Clove/s<br><i>peel &amp; grate</i>                                                                          |
| 1        | 1          | Spring Onion<br><i>rinse &amp; roughly slice</i>                                                                   |
| 10ml     | 20ml       | Chilli Seed Mix<br><i>(5ml [10ml] White Sesame Seeds &amp; 5ml [10ml] Dried Chilli Flakes)</i>                     |
| 50ml     | 100ml      | Sesame Soy<br><i>(30ml [60ml] Low Sodium Soy Sauce, 15ml [30ml] Rice Wine Vinegar &amp; 5ml [10ml] Sesame Oil)</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter (optional)

**1. NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain, reserve the water, and rinse in cold water.

**2. 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. 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.

**3. VEG & SPICE** Roughly slice the pak choi stems and cut the leaves in half lengthwise. Return the pan to medium heat with all the pan juices. Fry the garlic, the spring onion, and the pak choi stems until fragrant, 1-2 minutes. Mix in the noodles, ½ the chilli seed mix, the sesame soy, the pak choi leaves, and a splash of the noodle water. Simmer until the pak choi is wilted, 1-2 minutes. Remove from the heat, add a sweetener (to taste), and seasoning.

**4. DINNER IS READY** Dish up the loaded noodles, top with the hake, and sprinkle over the remaining chilli seed mix. Dig in, Chef!