



# UCOOK

## Hake Puttanesca

with savoury basmati rice & fresh oregano

On a bed of onion-layered basmati rice comes crispy-skin hake. This is taken up quite a few levels on the taste 'o metre with a rich puttanesca sauce, featuring tangy tomato passata, NOMU Italian Rub, fresh oregano, white wine, capers, and olives. Enjoy your delish fish, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Azola Poswa

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 Fan Faves

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 Paserene | Rosie Rosé

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## Ingredients & Prep

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2	Onions <i>peeled &amp; roughly diced</i>
300ml	White Basmati Rice <i>rinsed</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
40ml	NOMU Italian Rub
40ml	Tomato Paste
80ml	White Wine
400ml	Tomato Passata
40g	Capers <i>drained</i>
100g	Pitted Kalamata Olives <i>drained &amp; halved</i>
10g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
4	Line-caught Hake Fillets

## From Your Kitchen

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

**1. READY THE RICE** Place a pot for the rice over medium-high heat with a drizzle of oil. When hot, fry ½ the diced onion until golden, 6-7 minutes (shifting occasionally). Add the rinsed rice and 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. PERFECT PUTTANESCA** Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the remaining onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and simmer until almost all evaporated, 1-2 minutes.

**3. ALMOST TIME TO WINE & DINE** When the wine is almost all evaporated, add the tomato passata, 400ml of water, the drained capers, and the halved olives. Lower the heat and simmer until slightly reduced, 10-12 minutes. Stir through ½ the chopped oregano, a sweetener, and seasoning.

**4. CRISPY-SKIN HAKE** Place a clean 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.

**5. DIVE INTO DINNER!** Dish up the fluffy rice and the golden hake. Drizzle over the puttanesca sauce and garnish with the remaining oregano.

## Nutritional Information

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Per 100g

Energy	427kJ
Energy	102kcal
Protein	6.5g
Carbs	16g
of which sugars	2.4g
Fibre	1.8g
Fat	1g
of which saturated	0.1g
Sodium	244mg

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## Allergens

Allium, Sulphites, Alcohol

Cook  
within 1  
Day