



Charred Sweet Soy Hake

on a bed of fragrant rice

Quick Cook Calorie Smart 20-25 mins • Eat me first

15



Hake



Sweet Chilli Sauce



Soy Sauce



Coriander



Pak Choi



Jasmine Rice

Pantry Items: Oil, Salt, Pepper, Butter

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, lid, pot

Ingredients

	2P	4P
Hake	250 g	500 g
Sweet Chilli Sauce	2 sachets	4 sachets
Soy Sauce	1 sachet	2 sachets
Coriander	5 g	10 g
Pak Choi	2 units	4 units
Jasmine Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	342.5 g	100 g
Energy (kJ/kcal)	1803.3 kJ/ 431 kcal	526.5 kJ/ 125.8 kcal
Fat (g)	3.7 g	1.1 g
Sat. Fat (g)	0.6 g	0.2 g
Carbohydrate (g)	67.7 g	19.8 g
Sugars (g)	8.4 g	2.5 g
Protein (g)	30.9 g	9 g
Salt (g)	2.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 12 mins, then remove the pot from the heat and leave to the side for another 12 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



Finish and Serve

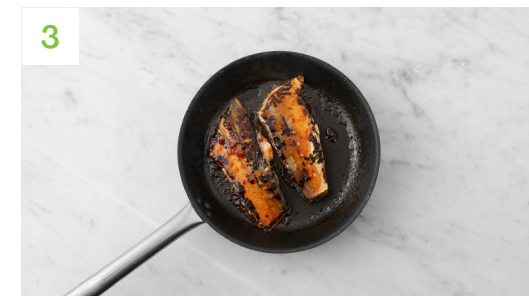
- Dish up the fragrant **rice** and charred **pak choi**.
- Top with the charred **hake** and drizzle over any marinade that remains in the pan.
- Garnish with the chopped **coriander**.

Enjoy!



Get Prepped

- Meanwhile, mix the **sweet chilli sauce**, **soy sauce** and 1 tbsp **oil** (double for 4p) in a large bowl.
- Coat the **fish** in the sauce and leave to marinate.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Roughly chop the **coriander** (stalks and all).
- Trim the **pak choi** then separate the leaves. Once pan is hot, fry the **pak choi** for 3-4 mins, turning as it starts to char. Season with **salt** and **pepper**. Remove from the pan and set aside.



Fry the Fish

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, add the marinated **hake** (reserving the marinade in the bowl). **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Fry on one side until golden, 2-3 mins. Turn over and cook for 2-3 mins on the other side.
- When 1 min of cooking time remains, add the marinade and coat the **hake** in it.
- Allow the sauce to reduce slightly.