



## Ginger & soy-steamed hake with noodles

Cooking fish in parchment is a savvy way to minimise added oil. You can vary the flavourings – a spoonful of Thai curry paste and roughly chopped mint works well, too.

[\(/ecom/recipe/ginger-soy-steamed-hake-with-noodles#rating\)](https://www.waitrose.com/recipe/ginger-soy-steamed-hake-with-noodles#rating)

Healthy

Source of fibre

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**Serves** 1

**Course** Main meal

**Prepare** 10 mins

**Cook** 15 mins

**Total time** 25 mins

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## Ingredients

½ pack (1 fillet) frozen hake fillet portions, defrosted

**1 tsp** Cooks' Ingredients Frozen Chopped Garlic

**10g** ginger, peeled and finely grated

**2 tsp** soy sauce

**2 tsp** Cooks' Ingredients Frozen Chopped Chillies

**2 tsp** vegetable oil, plus a drizzle

**1** shallot, finely sliced

½ **tsp** ground turmeric

**80g** pack Carrot, Tenderstem Broccoli & Sugar Snap Peas

**1** nest flat rice noodles (from a 180g pack)

½ lime, cut into 2 wedges

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## Method

**1** Preheat the oven to 200°C, gas mark 6. Cut a piece of baking parchment that is double the size of the fish fillet and put on a baking tray. In a small bowl, mix the garlic, ½ of the ginger, 1 tsp soy sauce and 1 tsp chopped chillies. Put the fish on top of the baking parchment, then spoon over the soy mixture. Wrap up the paper into a parcel, transfer the tray to the oven and cook for 10-12 minutes or until the fish is cooked through, opaque and flakes easily with a fork.

**2** While the hake is cooking, put a kettle on to boil. Heat the oil in a small frying pan over a medium heat. Once hot, add the sliced shallot and cook for 3-4 minutes or until softened and

medium heat. Once hot, add the sliced shallot and cook for 3-4 minutes or until softened and golden, then stir in the turmeric and remaining chopped chillies and ginger; cook for a further 30 seconds. Add the pack of vegetables with 75ml water, cover and cook for 4-5 minutes or until tender.

**3** Meanwhile, soak the noodles in a bowl of just-boiled water for 2 minutes, then drain. Tip the noodles into the vegetable pan with the remaining 1 tsp soy sauce and a light drizzle of oil; stir until combined. Serve the noodles and veg topped with the steamed hake and lime wedges for squeezing over.

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## Nutritional

Typical values per serving when made using specific products in recipe

Energy	2,099kj/ 499kcal
Fat	14g
Saturated Fat	1.8g
Carbohydrates	53g
Sugars	9.7g
Fibre	7.9g
Protein	35g
Salt	1.7g