



UCOOK

Sticky Mahi Mahi & Hawaiian Rice

with a sticky hoisin sauce, toasted coconut & fresh coriander

Mahi-mahi is the Hawaiian name for a Dorado, delicious no matter its name! This sticky mahi-mahi dish with coconut rice and pineapple radiates authentic island flavour! A Hawaiian-inspired dish with notes of sweetness, spice and tang.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

75ml	Brown Basmati Rice
10g	Coconut Flakes
60g	Pineapple Rings <i>drained</i>
50g	Peas
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20ml	Desiccated Coconut
1	Lemon <i>¼ cut into wedges</i>
1	Dorado Fillet
25ml	Asian Sauce <i>(15ml Low Sodium Soy Sauce & 10ml Hoisin Sauce)</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. YOU LOOK REALLY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up the rice with a fork.

2. TOASTED COCONUT Place the coconut flakes in a pan over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Remove from the pan on completion.

3. GOLDEN PINEAPPLE Return the pan to a medium heat with a drizzle of oil. When hot, fry the pineapple rings for 2-3 minutes per side, until charred. Remove from the pan and cover to keep warm.

4. RAZZLE DAZZLE RICE When the rice is done, place in a bowl. Add the peas, chopped pickled peppers, desiccated coconut, a squeeze of lemon juice, and seasoning. Toss until fully combined.

5. STICKY MAHI MAHI Pat the dorado dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the fish skin-side down for 3-4 minutes until crispy and golden. Flip, and coat the fish in the Asian sauce. Fry for a further 2-3 minutes until cooked through, continually basting the fish in the sauce.

6. A HAWAIIAN FEAST! Plate up a hearty spoonful of the coconut rice, top with the succulent dorado and drizzle over any remaining pan juices. Side with the charred pineapple and sprinkle over the toasted coconut flakes and fresh coriander. Serve with a lemon wedge. Stunning, Chef!

Nutritional Information

Per 100g

Energy	617kJ
Energy	147Kcal
Protein	8.2g
Carbs	19g
of which sugars	4.8g
Fibre	3.2g
Fat	4.3g
of which saturated	3g
Sodium	4mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day