



UCOOK

Savanna's Lebanese Fish & Sweet Potato

**with a sumac walnut salsa, ribboned
cucumber salad & hummus**

Indulgence at its best with this tender white fish recipe. Sided with a Lebanese batata harra of roasted crispy sweet potato chunks coated in garlic, chilli flakes & coriander. Served with sumac-spiced onion, parsley & walnut salsa, plus a ribboned cucumber side salad. Paired excellently with creamy hummus.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Savanna

 Adventurous Foodie

 No paired wines

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>¼ peeled & finely diced</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
15g	Walnuts <i>roughly chopped</i>
10ml	Sumac Spice
20g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>rinsed & peeled into ribbons</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	Dried Chilli Flakes
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Line-caught White Fish Fillet
40ml	Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. ROASTED SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SUMAC SALSA In a bowl, combine the diced onion, the chopped parsley, the chopped walnuts, $\frac{2}{3}$ of the sumac spice, a drizzle of olive oil, and seasoning. Set aside.

3. A TOUCH OF FRESHNESS In a bowl, toss together the rinsed salad leaves, the cucumber ribbons, the remaining sumac spice, a drizzle of olive oil, and seasoning.

4. FLAVOURFUL SAUTÉ When the sweet potatoes are done, place a pan over medium heat with a drizzle of oil. When hot, fry the grated garlic, the chilli flakes (to taste), and the chopped coriander until fragrant, 1-2 minutes. Toss through the roasted sweet potato pieces. Remove from the pan and set aside.

5. PERFECT FISH Place a non-stick pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the fish until golden, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter (optional) and season.

6. LEBANESE FEAST Plate up the fish and top with the fragrant sumac salsa (to taste). Side with the roasted batata harra and ribboned cucumber salad. Serve with the hummus (use the back of a spoon to create a swirl on the surface and drizzle with olive oil.) Sahtein, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C for 15-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	332kJ
Energy	79kcal
Protein	5g
Carbs	10g
of which sugars	3.2g
Fibre	1.9g
Fat	2.5g
of which saturated	0.3g
Sodium	88mg

Allergens

Allium, Sesame, Sulphites, Fish, Tree Nuts

Cook
within 1
Day