



UCOOK

My Mama's Kingklip Sayadie

with caramelised onions & sultanas

A Lebanese family favourite! This dish is full of traditional Middle Eastern spices, sweet caramelised onions, and perfectly cooked kingklip fillet. Served alongside cinnamon & turmeric garlic rice and a sweet sultana & almond salad, you will feel warm and comforted with every mouthful.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

3	Kingklip Fillets
2	Onions <i>1½ peeled & finely sliced</i>
225ml	White Basmati Rice <i>rinsed</i>
22,5ml	Ground Cinnamon
15ml	Turmeric
2	Garlic Cloves <i>peeled & grated</i>
22,5ml	Tomato Paste
60g	Green Leaves <i>rinsed</i>
60g	Sultanas
45g	Flaked Almonds
75ml	Tahini
2	Lemons <i>1½ cut into wedges</i>

From Your Kitchen

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

1. KINGKLIP TIME Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). Pat the kingklip dry with some paper towel and season. When the pan is hot, fry the kingklip, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. Remove from the pan, reserving the oil in the pan, and set the kingklip aside.

2. SAYADIEH Return the pan, with the oil, to a medium-high heat. When hot, add the sliced onion and fry for 9-12 minutes until soft, browned and caramelized, shifting occasionally. On completion, add the rinsed rice, the cinnamon, the turmeric, the grated garlic, and seasoning. Mix until fully combined and fry for 2-4 minutes until fragrant, shifting constantly. Add the tomato paste and 600ml of water. Mix until fully combined and leave to simmer for 10-12 minutes. In the final 5 minutes, top the rice with the browned kingklip and cover the pot with tinfoil. On completion, most of the water should be absorbed and the rice should be fully cooked.

3. BITS & BOBS In a bowl, combine the rinsed green leaves, a drizzle of oil, $\frac{3}{4}$ of the sultanas, and $\frac{1}{2}$ the flaked almonds. In a separate bowl, combine the tahini and the juice from 3 lemon wedges. Add water in 5ml increments until a drizzling consistency.

4. LEBANESE FEAST! Serve up a bed of the cinnamon rice with the kingklip on top, and drizzle over the tahini dressing. Sprinkle over the remaining almonds and sultanas. Side with the salad and any remaining lemon wedges. Sahtein, Chef!



Chef's Tip

If you would like to toast your flaked almonds, place them in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally.

Nutritional Information

Per 100g

Energy	715kj
Energy	171Kcal
Protein	8.8g
Carbs	22g
of which sugars	4.7g
Fibre	2.8g
Fat	5g
of which saturated	0.5g
Sodium	49mg

Allergens

Allium, Sesame, Sulphites, Fish, Tree Nuts

Cook
within 1
Day