



UCOOK

Ginger Steamed Dorado

with noodles, homemade chilli oil & spring onions

Beautifully steamed ginger-marinated dorado sits atop tender noodles loaded with carrots, cabbage, spring onions, soy sauce, and sesame oil. Light, fresh and oh-so tasty! Drizzled with an easy homemade chilli oil, this dinner offering truly is a taste sensation!


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

30g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
90ml	Low Sodium Soy Sauce
90ml	Sesame Oil
3	Dorado Fillets
3 cakes	Egg Noodles
2	Fresh Chillies <i>deseeded & finely sliced</i>
300g	Cabbage <i>finely sliced</i>
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
225g	Julienne Carrot
12g	Fresh Coriander <i>rinsed & picked</i>
30g	Peanuts <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. MARINATION STATION Boil a full kettle. In a shallow bowl, combine ½ the grated ginger, ½ the grated garlic, the soy sauce, the sesame oil, 30ml of water, and 15ml of a sweetener of choice. Add the dorado fillets and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

2. OODLES OF NOODLES Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

3. STEAM MACHINE Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, remove the dorado fillets from the marinade, reserving the marinade in the bowl, and place in a colander over the pot. Cover with the lid and allow to steam for 10-12 minutes, flipping the dorado halfway. Alternatively, use a steamer if you have one. On completion, the dorado should be cooked through.

4. HOMEMADE CHILLI OIL Place the sliced chilli and the remaining garlic and ginger in a heat-proof bowl. In a deep pan, heat up 45ml of oil. Once the oil is hot (see Chef's Tip for some guidance!), carefully pour the oil over the chilli mixture. Set aside for serving.

5. LOADED NOODLES When the noodles are done, return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and the spring onion whites and fry for 3-4 minutes until the cabbage is slightly wilted. Add the reserved marinade and leave to simmer for 2-3 minutes until starting to bubble. Add the julienne carrots and the cooked noodles. Toss until fully combined. Season to taste.

6. DORADO DINNER! Make a bed of the loaded noodles. Top with the steamed dorado. Drizzle over the ginger-chilli oil (to taste). Sprinkle over the picked coriander, the spring onion greens, and the chopped peanuts. Stunning, Chef!



Chef's Tip

Here's a foolproof method for testing the temp of your oil: stick the back of a wooden spoon into the hot oil. If small bubbles form around it, it's ready! If it bubbles rapidly, it's too hot. If it doesn't bubble, heat it for longer!

Nutritional Information

Per 100g

Energy	665kJ
Energy	159Kcal
Protein	7.8g
Carbs	13g
of which sugars	1.7g
Fibre	1.4g
Fat	7.9g
of which saturated	1.2g
Sodium	293mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Fish, Soy

Cook
within 1
Day