



UCOOK

Savanna's Ginger Steamed Yellowtail

**with noodles, homemade chilli oil &
spring onions**


Beautifully steamed ginger-marinated yellowtail 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: 20 minutes

Overall Time: 30 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

10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
25ml	Low Sodium Soy Sauce
25ml	Sesame Oil
1	Line-caught Yellowtail Fillet
1 cake	Egg Noodles
1	Fresh Chilli <i>rinsed, deseeded & finely sliced</i>
100g	Cabbage <i>rinsed & finely sliced</i>
1	Spring Onion <i>rinsed & finely sliced, keeping the white & green parts separate</i>
75g	Julienne Carrot
3g	Fresh Coriander <i>rinsed & picked</i>
10g	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, 10ml of water, and 5ml of sweetener. Add the yellowtail fillet and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

2. OODLES OF NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

3. STEAM MACHINE Place a pot (with a lid) over medium-high heat with 3-4cm of boiling water covering the base. Once steaming, remove the yellowtail fillet 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 until cooked through, 8-10 minutes (flipping the yellowtail halfway). Alternatively, use a steamer if you have one.

4. HOMEMADE CHILLI OIL To a heat-proof bowl, add the sliced chilli (to taste), the remaining garlic, and the remaining ginger. In a deep pan, heat up 15ml of oil. When hot (see Chef's Tip for guidance!), carefully pour the oil over the chilli mixture. Set aside.

5. LOADED NOODLES When the noodles are done, return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced cabbage and the spring onion whites until the cabbage is slightly wilted, 2-3 minutes. Add the reserved marinade and leave to simmer until starting to bubble, 1-2 minutes. Add the julienne carrots and the cooked noodles. Toss until fully combined and season.

6. DINNER IS READY Make a bed of the loaded noodles. Top with the steamed yellowtail. 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	708kj
Energy	169kcal
Protein	10.5g
Carbs	12g
of which sugars	1.7g
Fibre	1.4g
Fat	8.6g
of which saturated	1.5g
Sodium	245mg

Allergens

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

Cook
within 1
Day