



UCOOK

White Fish & Apricot Butter

with an apple & celery salad

There's not a thing out of place on this plate. Succulent white fish is pan-fried to perfection, and adorned with a luscious apricot & soy basting. Served alongside creamy mashed potato and a crisp apple & celery salad featuring a mustard dressing.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha du Toit

Adventurous Foodie

Muratie Wine Estate | Muratie Isabella
Chardonnay 2023

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Ingredients & Prep

400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
30ml	Apricot & Soy Sauce <i>(20ml Apricot Jam & 10ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peel & grate</i>
5g	Fresh Dill <i>rinse & finely chop</i>
2	Line-caught White Fish Fillets
10ml	Dijon Mustard
40g	Salad Leaves <i>rinse & roughly shred</i>
2	Celery Stalks <i>rinse & roughly slice</i>
1	Apple <i>rinse, peel, core & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Milk (optional)

1. POTATO MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. MAKE THE MARINADE Melt 60g of butter in a small pot over medium heat. Add the lemon zest (to taste), a generous squeeze of lemon juice, the apricot & soy sauce, the grated garlic, ½ the chopped dill, and seasoning. Bring to a simmer, 2-3 minutes (stirring occasionally). Remove from the heat and set aside.

3. JUICY FISH Place a pan over medium-high heat with a drizzle of oil. Pat the fish dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. Working quickly, use a pastry brush to coat the flesh side of the fish with some of the marinade. Flip and fry the flesh side until cooked through, 30-60 seconds. Remove from the pan and season. Loosen the remaining marinade with warm water in 5ml increments until drizzling consistency.

4. CRUNCHY SALAD In a salad bowl, loosen the mustard with a splash of water and olive oil in 5ml increments until drizzling consistency. Add a sweetener and seasoning. Mix to combine. Toss through the rinsed leaves, the sliced celery, and the apple slices. Set aside.

5. GRAB THE PLATES Dish up a heap of the potato mash and top with the pan-fried fish. Drizzle over the remaining marinade. Side with the dressed apple & celery salad, and garnish with the remaining dill and lemon wedges. Dive in, Chef!

Nutritional Information

Per 100g

Energy	315kj
Energy	75kcal
Protein	5.6g
Carbs	11g
of which sugars	3.9g
Fibre	2g
Fat	1.3g
of which saturated	0.3g
Sodium	40mg

Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy, Cow's Milk

Eat
Within
1 Day