

Eat Within 1 Day

UCOOK

Ginger-soy Carpenter Fish & Asian Bulgur

with a toasted sesame seed dressing

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Tiisetso Maema

Nutritional Info	Per 100g	Per Portion
Energy	394kJ	1937kJ
Energy	58kcal	288kcal
Protein	7.7g	38.1g
Carbs	12g	57g
of which sugars	4g	19g
Fibre	2g	10g
Fat	2g	10g
of which saturated	0.1g	0.4g
Sodium	103mg	509mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	Bulgur Wheat
5ml	10ml	White Sesame Seeds
10ml	20ml	Lime Juice
5ml	10ml	Dried Chilli Flakes
10ml	20ml	Honey
120g	240g	Carrot *rinse, trim, peel & grate*
100g	200g	Cucumber *rinse & finely dice*
3g	5g	Fresh Coriander *rinse, pick & roughly chop*
1	1	Spring Onion *rinse, trim & finely slice*
20ml	40ml	Rice Wine-Soy *(10ml [20ml] Low Sodium Soy Sauce & 10ml [20ml] Rice Wine Vinegar)*
150g	300g	Carpenter Fillets
15g	30g	Fresh Ginger *peel & grate*

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel
Blender (optional)

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 80ml [160ml] of boiling water and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside to cool.

2. DELISH DRESSING Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and add to a bowl. To the same bowl, add the lime juice, chilli flakes, and ¼ of the honey, with a splash of water or a drizzle of olive oil (optional). Mix until well combined, season, and set aside.

3. ADD THE FRESHNESS In a bowl, combine the carrots, cucumber, bulgur wheat, ½ of the coriander, spring onion, and the toasted sesame dressing. Gently toss until everything is mixed through. Season and set aside in the fridge.

4. FRY THE FISH In a bowl, combine the remaining honey and rice wine-soy. Return the pan to medium heat. Pat the fish dry with a paper towel and lightly coat in cooking spray or olive oil (optional). When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side. Add in the ginger and fry until the fish is cooked through, 2-3 minutes. Remove from the pan and season.

5. OUT OF THE ORDINARY Bowl up the loaded Asian bulgur wheat, place the fish alongside it, and spoon over the honey-soy mix over the top. Garnish with the remaining coriander. Dinner is ready, well done, Chef!

Chef's Tip Have extra time? Blend the toasted sesame seeds before adding them to the dressing for a deeper flavour in the dressing.