



UCOOK

Katlego's Yellowtail Ceviche

with citrus, sushi rice & a salty-sweet slaw

Yellowtail is my favorite fish and it's proudly South African. It's firm and gentle flesh allows it to carry flavour well. The tanginess and sweetness from the citrus mixture makes it a match made in heaven. I'm a huge fan of texture and the sweet and salty slaw is the perfect ingredient, topped off with sushi rice...who could say no to that?

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Katlego Mlambo

 Easy Peasy

 No paired wines

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Ingredients & Prep

| | |
|-------|---|
| 225ml | Sushi Rice |
| 3 | Line-caught Yellowtail Fillets |
| 1 | Red Onion <i>peeled & finely diced</i> |
| 75g | Pickled Jalapeños <i>drained & roughly chopped</i> |
| 15g | Fresh Coriander <i>rinsed & roughly chopped</i> |
| 2 | Oranges <i>1½ zested & cut into wedges</i> |
| 2 | Lemons <i>1½ zested & cut into wedges</i> |
| 2 | Limes <i>1½ zested & cut into wedges</i> |
| 300g | Shredded Cabbage & Julienne Carrot |
| 85ml | Sweet Tamari-Sesame Sauce <i>(45ml Tamari, 22,5ml Honey & 15ml Sesame Oil)</i> |
| 6 | Poppadoms |

From Your Kitchen

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

1. RICE RICE BABY... Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a large lidded pot, over medium-high heat with 750ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

2. ZINGY CEVICHE MARINADE Pat the yellowtail dry with paper towel and gently remove and discard the skin. Cut the flesh into bite-sized cubes and place in a bowl with the diced onions, chopped jalapeño's, ½ of the chopped coriander, both the orange, lemon, lime juice and zest. Toss together and season to taste. Cover and set aside to cure for at least 15 minutes.

3. SWEET AND SALTY Place the cabbage and carrot in a separate bowl and coat with the sweet tamari-sesame sauce. Set aside to marinate until serving. Place a pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

4. OPTIONAL STEP If you'd like to cook the yellowtail, do so once it has finished curing for 15 minutes. Place a pan over a medium heat. When hot, add in the yellowtail, reserving the sauce in the bowl. Flash fry for 1-2 minutes until lightly seared, shifting occasionally. Return to the bowl on completion and toss to coat.

5. SOPHISTICATED FEAST! Make a bed of rice and marinated slaw. Top with delectable yellowtail ceviche and pour over some sweet tamari-sesame sauce to taste. Sprinkle with the remaining chopped jalapeño's and coriander. Serve the poppadoms on the side. Garnish with any remaining lime wedges and get ready for a delicious dinner delight!



Chef's Tip

Don't want to fry the poppadoms? You can cook them in the microwave! Simply heat them one at a time in 10 second bursts until puffed up and crispy – about 30-40 seconds in total.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 469kj |
| Energy | 112Kcal |
| Protein | 6.8g |
| Carbs | 15g |
| of which sugars | 4.9g |
| Fibre | 1.6g |
| Fat | 2.3g |
| of which saturated | 0.5g |
| Sodium | 188mg |

Allergens

Allium, Sulphites, Fish, Soy

Cook
within 1
Day