



UCOOK

Zambian Fish Curry & Nshima

with sautéed cabbage, fresh chilli & spinach

A hearty and delicious fish curry is the star of this dish! Loaded with tomato, spinach, onion and the flakiest fish you could ever imagine. It is served alongside a classic Zambian dish called "Nshima", which is maize meal cooked and then shaped, to be eaten with saucy foods to soak up all the yummy juices!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | 1685 Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>peeled & finely diced</i>
20ml	Tomato Paste
40ml	Fish Curry Rub <i>(20ml NOMU Indian Rub & 20ml NOMU One for All Rub)</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Tomato <i>diced</i>
40g	Spinach <i>rinsed</i>
500ml	Maize Meal
200g	Cabbage <i>finely sliced</i>
2	Kingklip Fillets
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. CURRY TIME Place a pot over a medium heat with a drizzle of oil. When hot, add $\frac{3}{4}$ of the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the tomato paste, the curry rub (to taste), the sliced chilli (to taste), and the grated garlic. Fry for 1-2 minutes until fragrant, shifting constantly. Add the diced tomato and fry for 2-3 minutes, shifting occasionally. Pour in 200ml of water and bring up to a boil. Once boiling, reduce the heat and leave to simmer for 8-10 minutes, stirring occasionally, until slightly thickened. Just before serving, add the spinach and mix until wilted. Season to taste.

2. NSHIMA Boil the kettle. In a pot, add $\frac{1}{3}$ of the maize meal and $\frac{1}{3}$ cup of cold water. Mix until a paste forms. Pour in 300ml of boiling water and place over a medium-high heat. Mix until fully combined and bring up to the boil. Once boiling, reduce the heat and cook for 10-15 minutes, until slightly thickened. On completion, slowly stir in the remaining maize meal, stirring constantly for 10-15 minutes. On completion, the mixture should be a stiff consistency.

3. FRY YOUR CABBAGE Place a pan over medium heat with a drizzle of oil. When hot, fry the remaining onion for 4-5 minutes until soft, shifting occasionally. Add the sliced cabbage and fry for 3-5 minutes, until slightly softened, shifting occasionally. Remove from the pan, cover, and set aside for serving.

4. CURRYLICIOUS KINGKLIP Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). Pat the fish dry with some paper towel and season. When hot, fry the fish for 3-4 minutes until crispy and golden. Flip and fry the other side for another 3-4 minutes until cooked through.

5. ZAMBIAN FEAST Dish up the flaky fish with plenty of rich curry sauce. Side with the sautéed cabbage, and a generous helping of nshima for dipping. Sprinkle over the chopped parsley and any remaining chilli (to taste). Enjoy, Chef!



Chef's Tip

Traditional nshima is served in lumps and eaten with the hands. To eat it, break off a small piece and dunk it in the curry!

Nutritional Information

Per 100g

Energy	578kj
Energy	138Kcal
Protein	6.3g
Carbs	24g
of which sugars	2.1g
Fibre	1.9g
Fat	1.1g
of which saturated	0.1g
Sodium	132mg

Allergens

Allium, Fish

Cook
within 1
Day