



UCCOOK

Indian-style Yellowtail & Sambal

with savoury jasmine rice

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	515kJ	3469kJ
Energy	123kcal	830kcal
Protein	6.9g	46.2g
Carbs	14g	94g
of which sugars	3.1g	21g
Fibre	1.6g	10.5g
Fat	4g	27.2g
of which saturated	1.9g	12.9g
Sodium	153mg	1033mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel & finely dice</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
75ml	150ml	Jasmine Rice <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse & cut in quarters</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
10ml	20ml	Lemon Juice
1	1	Chicken Stock Sachet
10ml	20ml	Medium Curry Powder
15ml	30ml	Vinegar & Jam <i>(5ml [10ml] White Wine Vinegar & 10ml [20ml] Apricot Jam)</i>
50ml	100ml	Crème Fraîche
1	2	Line-caught Yellowtail Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter (optional)

1. SAVOURY RICE Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced carrots and ½ the diced onion until browned and soft, 4-5 minutes (shifting occasionally). Mix through the rice and pour in 150ml [300ml] of water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. TANGY TOMATOES In a bowl, toss together the diced tomato, ½ the chopped coriander, the lemon juice, a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.

3. MADRAS SAUCE Dilute the stock with 30ml [60ml] of boiling water. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the remaining diced onion until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, mix through the curry powder (to taste). Stir in the diluted stock and the vinegar & jam mixture, and simmer, 1-2 minutes (stirring occasionally). Remove from the heat, mix through the crème fraîche, and season. Just before serving, loosen with a splash of milk (optional) or water if the sauce is too thick.

4. YUMMY YELLOWTAIL Place a clean pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the yellowtail dry with paper towel. When hot, fry the yellowtail, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

5. DIVE IN Plate up a bed of the savoury rice and top with the golden yellowtail. Drizzle over the madras sauce and serve the tomato sambal on the side. Garnish with the remaining coriander.