



# UCCOOK

## Kingklip & Sautéed Red Cabbage

with a dill-infused yoghurt

A dish fit for royalty! Kingklip fillet is pan-seared until flaky and served alongside smooth mashed potatoes and tender sautéed cabbage. A light dill yoghurt adds some zingy freshness to this hearty and easy meal.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Fan Faves

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 Leopard's Leap | Culinary Brut MCC

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## Ingredients & Prep

|      |                                                                                     |
|------|-------------------------------------------------------------------------------------|
| 600g | Potato<br><i>rinsed, peeled &amp; cut into bite-sized chunks</i>                    |
| 3    | Kingklip Fillets                                                                    |
| 2    | Spring Onions<br><i>finely sliced, keeping the white &amp; green parts separate</i> |
| 300g | Cabbage<br><i>thinly sliced</i>                                                     |
| 85ml | Low Fat Plain Yoghurt                                                               |
| 8g   | Fresh Dill<br><i>rinsed, picked &amp; roughly chopped</i>                           |

## From Your Kitchen

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

**1. MASH UP** Place a pot of cold salted water over high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 20-25 minutes until soft. Drain and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter (optional). Season to taste. Remove from the heat and set aside until serving.

**2. KING OF FISH** When the potato has 5-7 minutes remaining, place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the kingklip dry with paper towel and season. When the pan is hot, fry the kingklip, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. Remove from the pan and set aside.

**3. CABBAGE CLAIM** Return the pan, wiped down, to a medium high heat with a drizzle of oil. When hot, add the spring onion whites and fry for 1-2 minutes until soft, shifting occasionally. Add the sliced cabbage and fry for 3-4 minutes until soft but still crunchy, shifting occasionally. Season to taste.

**4. DILL DELICIOUS** In a small bowl, combine the yoghurt, ½ the chopped dill, and seasoning.

**5. FISH FEAST!** Plate up the flaky kingklip. Side with the sautéed red cabbage, the mashed potato, and a dollop of the dill yoghurt. Sprinkle over the spring onion greens and the remaining dill. Bon appetit, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 361kJ  |
| Energy             | 86kcal |
| Protein            | 7.5g   |
| Carbs              | 9g     |
| of which sugars    | 1.2g   |
| Fibre              | 1.6g   |
| Fat                | 2.2g   |
| of which saturated | 0.6g   |
| Sodium             | 33mg   |

## Allergens

Dairy, Allium, Fish

Cook  
within 1  
Day