



UCOOK

Tempura Kingklip & Ponzu Salad

with a togarashi Kewpie mayo for dunking


Ready to broaden your culinary horizons? Because this recipe puts the 'adventurous' in adventurous foodie. Once you're finished, Chef, you'll step back in awe that you made a ponzu-dressed apple, carrot & coriander salad, sweet potato wedges, light and crispy tempura kingklip strips and a togarashi mayo. Like they say on Iron Chef, "Allez cuisine!"


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
10ml	Black Sesame Seeds
60ml	Kewpie Mayo
10ml	Togarashi Spice
1	Apple
120g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
8g	Fresh Coriander <i>rinsed & picked</i>
60ml	Ponzu Sauce
200ml	Self-raising Flour
2	Kingklip Fillets <i>patted dry & cut into 3cm thick strips</i>

From Your Kitchen

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

1. OH SO SWEET Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SESAME, CRACKLE & POP Place the sesame seeds in a deep pan over medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.

3. PREP STEP In a small bowl, combine the mayo and the togarashi spice (to taste). Loosen with a splash of water and set aside. Slice the apple into thin wedges. Place in a bowl along with the carrot ribbons and ½ the picked coriander. Just before serving, add the ponzu sauce to the salad and toss until coated.

4. TASTY TEMPURA When the sweet potato has 10 minutes remaining, pour 160ml of cold water into a bowl. Gradually whisk in the flour and a pinch of salt (don't overmix, lumps are fine in this case!) Return the pan to a medium-high heat with 2cm of oil covering the base. Place the kingklip strips in the batter and toss until coated. Using a pair of tongs, lower each piece into the hot oil. Fry for 3-4 minutes, turning as they colour. Remove from the pan, drain on paper towel, and season.

5. SIMPLY STUNNING! Plate up the sweet potato wedges, the ponzu salad, and the tempura kingklip. Sprinkle over the toasted sesame seeds and the remaining coriander. Serve with the togarashi mayo for dunking. Great work, Chef!



Chef's Tip

To test if the oil is hot enough for the tempura, drop a piece of batter in. If it fizzes, it's ready!

Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	5.5g
Carbs	16g
of which sugars	4.7g
Fibre	1.9g
Fat	2.2g
of which saturated	0.5g
Sodium	102mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Fish, Soy

Cook
within 1
Day